

## **Cheilectomy**

### **What does the operation involve?**

Prior to the operation you will be seen in the Pre-assessment clinic or receive a phone call assessment. This is to ensure that you are fit to have surgery.

The operation can be performed either under general anaesthesia or regional anaesthesia. This decision can be made after discussion with the anaesthetist. The procedure involves making an incision over the affected area and removing the bony lumps, inspecting and cleaning the joint and releasing the soft tissue. Sometimes a cut is taken from the bone of the big toe (Moberg osteotomy), to aid in the recovery of movement after the operation.

### **What about pain?**

Whilst you are in hospital you will be monitored and the medical staff will give you pain relief as required and prescribed. You will be given pain relief medication to take home. Advice regarding this will be given by the nursing staff before you leave hospital.

### **How long does recovery take?**

Most patients who have Cheilectomy surgery can go home the same day. The majority of patients have only a padded dressing and bandage to the wound. Very occasionally a plaster cast to the forefoot may be required.

You will be given a special shoe which helps to off load weight from the forefoot. The physiotherapist will give you instructions on how to wear the shoe and in the use of elbow crutches.

For the first two weeks you are advised to restrict your walking distance to within the house and garden and to elevate the foot as much as possible. Swelling is quite common after foot surgery and this is best managed by elevating your foot on a pillow every night and during the day on at least three different occasions, e.g., 11am, 3pm and 6pm (for about one hour each time) This will help to reduce swelling of the foot and promote wound healing.

You are advised to keep the dressing clean and dry until the stitches are removed in clinic at approximately 7-14 days. You will be given an exercise sheet and advised to commence exercises at 2 weeks. These will help to prevent stiffening of the joint. Once the bandages are removed it is advisable to wear loose fitting shoes (e.g., ECCO, Hotter or sports shoes). Normal footwear (which is well fitting) can be worn about three months after the operation.

### When can I drive?

Patients having had their left foot operated on will be able to drive an automatic car within two weeks. Those who have had an operation on the right side will be able to drive after about 4 weeks. You are advised not to fly after surgery for 6 weeks. Swimming will be possible once the sutures are removed and the wound has healed.

### When can I go back to work?

This will depend on the type of work you do. For example, if you have a desk job you may be able to return to work after 2-4 weeks if you are able to elevate your foot whilst sitting. If you do manual work and there would be a lot of pressure on the foot then you may need 8-10 weeks off work.

### What are the possible complications?

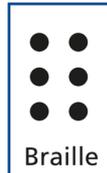
- Infection in the wound
- Prolonged swelling (this can last for 3 to 6 months)
- Nerve injury
- Transfer metatarsalgia (pain in the metatarsal bones of the foot)
- Stiffness of the joint
- Deep vein thrombosis (clot in the vein)
- Pulmonary embolus (clot in the lung)
- Recurrence of symptoms (there is a 25% failure rate)

The above complications are rare but can occur.

### Useful contact numbers

Orthopaedic pre assessment	0300 614 7778/7147
Day Surgery Unit Heatherwood	0300 614 4130/4131
Main reception Treetops Ward Heatherwood	0300 614 4159
Therapy Office Heatherwood	0300 614 4178
Physio/OT ward office Wexham	0300 615 3329
Ward 1 Wexham Park	0300 615 3010/3012
Booking Centre (appointments)	0300 614 7919 option 1
Orthopaedic post op	0300 6147207

**For a translation of this leaflet or for accessing this information in another format:**



Please contact (PALS) the Patient Advice and Liaison Service on:

**Frimley Park Hospital**

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

**Wexham Park & Heatherwood Hospitals**

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

<p><b>Frimley Park Hospital</b> Portsmouth Road, Frimley, Surrey, GU16 7UJ</p>	<p><b>Heatherwood Hospital</b> Brook Avenue, Ascot, Berkshire, SL5 7GB</p>	<p><b>Wexham Park Hospital</b> Wexham Street, Slough, Berkshire, SL2 4HL</p>
<p><b>Hospital switchboard:</b> 0300 614 5000</p>		<p><b>Website:</b> <a href="http://www.fhft.nhs.uk">www.fhft.nhs.uk</a></p>

<b>Title of Leaflet</b>	Cheilectomy		
<b>Author</b>	Mr C Clark and Mr R Dega, Consultant Orthopaedic Surgeons adapted by Joy Haworth, Senior Sister		
<b>Department</b>	Orthopaedics		
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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

