

## PATIENT INFORMATION SHEET

<b>TOPIC</b>	<b>HALLUX RIGIDUS (ARTHRITIS OF BIG TOE)</b>	
<b>PROCEDURE</b>	<b>1<sup>st</sup> MTP JOINT IMPLANT (W5700)</b>	
	<p style="text-align: center;"> <span>Normal Joint</span>      <span>Hallux Rigidus (arthritis)</span>      <span>Big Toe Joint Replaced with Silastic Implant</span> </p>	
<b>AIMS OF SURGERY</b>	To reduce pain and deformity To improve the big toe joint mobility.	
<b>ADVANTAGES OF THIS OPERATION</b>	Improve range of movement at the 1 <sup>st</sup> MTP Joint Does not require immobilisation	
<b>SPECIFIC RISKS OF THIS OPERATION</b>	Joint stiffness (due to jamming) (0.72%) Implant movement (1.44%) Silicone reaction/prolonged swelling/pain	Increased risk of infection (1.45%) Wear/disintegration of the implant Transfer of weight to ball of foot (6.52%)
<b>OVERVIEW</b>		
<b>Operation time</b>	Usually between 45 -60 minutes	
<b>Incision placement / stitches</b>	Usually on top of the toe and with absorbable stitches where possible	
<b>Procedure</b>	The damaged surfaces of the big toe joint are removed with a saw and an implant (ceramic, metal or silicone joint) is inserted into the space.	
<b>Fixation</b>	Two metal covers (grommets) may be used to cover the bone ends prior to implant insertion.	
<b>Will I have plaster?</b>	No	
<b>Is this a Day Procedure?</b>	Yes, you can usually go home the same day (you will usually be admitted for half a day)	
<b>Estimated time off work</b>	Non-manual work for approximately 4 weeks Manual work at approximately 6 weeks	
<b>INDICATIONS FOR THE PROCEDURE</b>	Arthritic 1 <sup>st</sup> metatarsophalangeal joint (Hallux Rigidus) Pain from prominent joint and/or stiff toe	
<b>ALTERNATIVE TREATMENTS</b>	Manage your symptoms by altering activity levels, using painkillers and anti inflammatories, changing footwear, using an insole or orthotic foot support, joint injection therapy. Other surgical procedures including 1 <sup>st</sup> MTP joint fusion, excisional arthroplasty, exostectomy or decompression osteotomy.	
<b>GENERAL RISKS OF SURGERY</b>	The general risks of foot surgery are outlined in the Pre-operative Information Booklet which is provided in addition to this leaflet <b>YOU SHOULD READ THIS LEAFLET IN CONJUNCTION WITH THE PREOPERATIVE INFORMATION BOOKLET</b>	
<b>MORE INFO BY:</b>	1 Speaking with your consultant or one of the team 2 Reading the information provided 3 NICE guidelines are available on the internet	