

Hallux Rigidus / Early Degenerative Arthritis of the Big Toe Joint Cheilectomy Procedure

This is needed when the big toe joint is not too worn or damaged and can be preserved. The main treatment is to remove the excess bone around joint, which can cause the pain.

There are surgical procedures designed to remove excess bone around the joint to help it work properly. These are not a cure for arthritis but have a 70 – 80% chance of reducing pain.

If the joint is left without any treatment it can get gradually stiffer and more painful until there is no movement left and it becomes fixed.



First MTP Joint Cheilectomy

Problems associated with First Metatarsal Cheilectomy Surgery

- Thickened scar and/or tender scar – may reduce over 12 months. Your risk of this is 1 in 2
- Infection (sudden increase in pain and swelling at 2 – 3 days after surgery or sometimes at a later stage). Your risk of this is low (1 in 100).
- Deep Vein Thrombosis (DVT) - A blood clot in the calf or thigh in the muscles of the leg is possible with any surgery. Your risk is very low (less than 1 in 250)
- Complex Regional Pain Syndrome (CRPS) - Pain, which will not resolve. Occasionally the 'pain tap' is turned on with surgery and does not switch off again. Your risk of this is extremely low (less than 1 in 1000)
- Post-operative swelling – can last for up to 12 months
- Reoccurrence of bone
- Continuing pain due to arthritis. You may need a joint fusion or replacement