

## Orthopaedic - Toe joint Fusion

### Introduction

The Covid pandemic has significantly impacted on the NHS ability to deliver planned elective care to patients. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

The aim of surgery is to relieve pain and improve mobility. It may also be to improve foot shape and function. Surgery is only considered for patients who have not responded to simple measures such as pain relief, physiotherapy, podiatry or shoe modifications, People with the following may need surgery for toe deformity or arthritis:

- Confirmed arthritis with pain that is so severe that it has an impact on your life, such as walking and standing;
- Toe deformity or arthritis causing intermittent or constant pain through the night; or
- Pain when carrying out weight bearing exercises.
- Difficulty in getting comfortable shoes.

### Guidance for Patients

The main aim of toe fusion surgery is to improve pain. It may also be to improve foot function and mobility. You can use simple measures such as pain relief, physiotherapy, podiatry or shoe modifications and use of splints/spacers between the toes whilst waiting for treatment

### What should I do if my health is deteriorating?

People with the following may need to see their doctor if:

- Severe or constant pain causing significant impact on your mobility,
- The deformity is so severe it has an impact on your mobility,
- Recurrent ulcerations over the bony prominence of the toe.

If your mental health is affected and you are feeling low or anxious it is important to seek help and support from your GP, family and/or friends. There are also helplines and websites which can offer support if you don't feel able to talk to someone.

### Contact Us

If you need to please make contact with the secretary of your named consultant. Details of this should be accessible on correspondence you have received or contact switch board on 01228 523444.