



Metatarsal Head Resurfacing with Collagen Interpositional Grafting



Overview

This procedure helps to improve the function of one of the metatarsalphalangeal joints in the foot. These joints, commonly called the "MTP" joints, are found at the base of each of the toes. Arthritis in these joints can result in pain and loss of movement. Commonly, this procedure is performed to treat the MTP joint of the big toe.

Preparation

In preparation for the procedure, you are anesthetized. The surgeon creates an incision in your skin to expose the MTP joint that needs treatment. Two bones meet at each MTP joint - the proximal phalanx of the toe and the metatarsal of the foot.

Reshaping the Metatarsal

The surgeon removes all of the bony growths and diseased cartilage from these bones. The head of your metatarsal is trimmed to create some extra space within the joint.

Inserting the Graft

The surgeon prepares the graft tissue. This can be donor tissue. It can be synthetic tissue. It can also be a piece of tissue harvested from your own body. The graft is placed into the joint to cover the end of the metatarsal. The surgeon secures it to the end of your bone with sutures or with anchors. Over time, the graft will heal and become permanently attached to your bone.

End of Procedure and Aftercare

When the procedure is complete, the incision is closed. Your foot is bandaged. It may be protected with a splint, a postoperative shoe or a special boot. You will be monitored for a brief time before you are allowed to go home. You may be asked to temporarily refrain from putting weight on the foot after the surgery. Your doctor will give you specific instructions to aid your recovery.