



Big Toe Fusion (First Metatarsal-Phalangeal Joint Arthrodesis)



Overview

This surgery fuses the joint where the base of the big toe meets the foot. That's the first metatarsal-phalangeal joint. We call it the "MTP" joint. This is a way to treat arthritis of the MTP joint.

Preparation

To begin, you're put to sleep. Or, we give you medicine to make you feel relaxed and numb. Then, we make an incision to reach the MTP joint. We remove the cartilage between the bones of this joint.

Fusion

Now it's time to create the fusion. First, we shape the ends of these bones so they fit together well. Then, we use hardware to join them. We may add bone graft to help the joint fuse as it heals.

End of procedure

When it's done, we close and bandage your skin. Your foot will be immobilized. You can expect to wear a cast or brace during the healing process. Follow your care plan for a safe recovery.

