

Curly toes surgery

The aim of this leaflet is to answer some of the questions that you or your child may have about the operation. You will also have an opportunity to discuss any further concerns with us, on admission.

What does the operation involve?

We offer this operation to children with curly toes that cause problems and for whom non-operative treatments have failed (see separate patient information leaflet on 'Curly toes').

The operation is performed as a day case under a general anaesthetic. The short procedure involves releasing the tight tendon that is causing the toe to curl, through a small scar in the skin crease underneath the toe. We use dissolvable stitches covered by a non-sticky dressing and then wrap the foot in a crepe bandage (see picture right).



What is the treatment?

What are the success rates?

The operation is very successful at relieving symptoms of redness, rubbing, blisters and toe tip pain. Depending on how flexible the curly the toes are, despite releasing the tight tendon, some toes do remain curly. If there are ongoing symptoms or a recurrence of symptoms which are troublesome, then a more definitive procedure to fix the toe straight can be performed at a later date.

Are there any risks?

As with all surgery, there are small risks involved, which we will discuss with you fully before you sign the consent form. For this operation the main risks are infection, nerve injury (causing numbness of the toe) or loss of the blood supply to the toe (this is extremely rare). There is also a chance that the tendon could tighten again as your child grows older and his or her feet grow. This would cause the toes to start curling under again but is easily corrected with a repeat of the operation.

What is the aftercare?

It's important to elevate the foot on pillows for 72 hours after the operation, to help the swelling settle and aid healing. Crutches are useful but not essential to get around, particularly at school. You will have a follow up appointment in fracture clinic at around 2 weeks after the operation, to check the healing.

Sometimes, physiotherapy is helpful to strengthen the foot, ankle and calf.

It is likely you will be able to return to sports at 4 weeks.

Compassionate

Aspirational

Resourceful

Excellent

Contact us

If you require any further advice please contact the Clinical Nurse Specialist on 0118 322 8746 or 0118 322 5111, bleep 232.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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