

# Patient information

## Hallux Rigidus

The purpose of the surgical procedure is to improve the range of movement in the stiff big toe area and also to reduce the pain.

Surgery takes place under a local anaesthetic which means that you are free to eat and drink prior to surgery. The surgery times vary depending on the type of surgical procedure but usually take approximately 20-50 minutes and the total time at the clinic including preparations is approximately one to two hours. The recommended sick leave period is approximately six weeks.

You should wash using **Hibiscrub** wipes (sold at your pharmacy) the day before the day of surgery and also the morning prior to surgery in order to reduce the risk of infection due to this procedure. Do not use cream or moisturizing creams on the foot after cleaning.

You will be given a large bandage. You will require a special shoe or sandal in order to have sufficient room for your foot which we sell at a wholesale price of SEK 250: - This shoe will also aid walking after surgery.

It is important that you let us know whether you have any symptoms such as infections, sore throat or fever prior to surgery.

**If your appointment is not suitable please ring us immediately on:  
042 – 24 27 72**

You are to keep your foot in an elevated position as much as possible for the first few days after surgery in order to minimise swelling, bleeding and thus slowing the healing process. The bandage is to remain in place for three weeks and the bandage and stitches will be removed upon your next appointment.

You may experience some pain during the first 24 hours after surgery and therefore a prescription for painkiller tablets has been sent by electronic post to your local pharmacy. These can be

obtained at the pharmacy of your choice and should be obtained prior to surgery.

**Take the first tablets at least one hour prior to surgery.**

Continue to take these tablets after surgery according to the instructions included on your prescription. Additional information regarding your surgical procedure will be provided when you visit us.