

What to expect

Expected hospital stay:

2–3 nights. You are discharged when you are confident and comfortable.

Anaesthetic:

A combination of an ankle block and general anaesthetic is used for the surgery.

Can I walk?

You may not put any weight on your operative foot, however you may use crutches, frame or wheelchair, but you must rest and elevate your foot (23 3/4 hours a day) for 1-2 weeks after the procedure.

Can I shower?

You may shower but keep your cast and dressing dry & intact.

How long does the postoperative cast stay on?

The first cast remains on for 1-2 weeks after the surgery. After this time the cast is replaced with a light weight fibre glass cast for a further 4-5 weeks.

When can I walk?

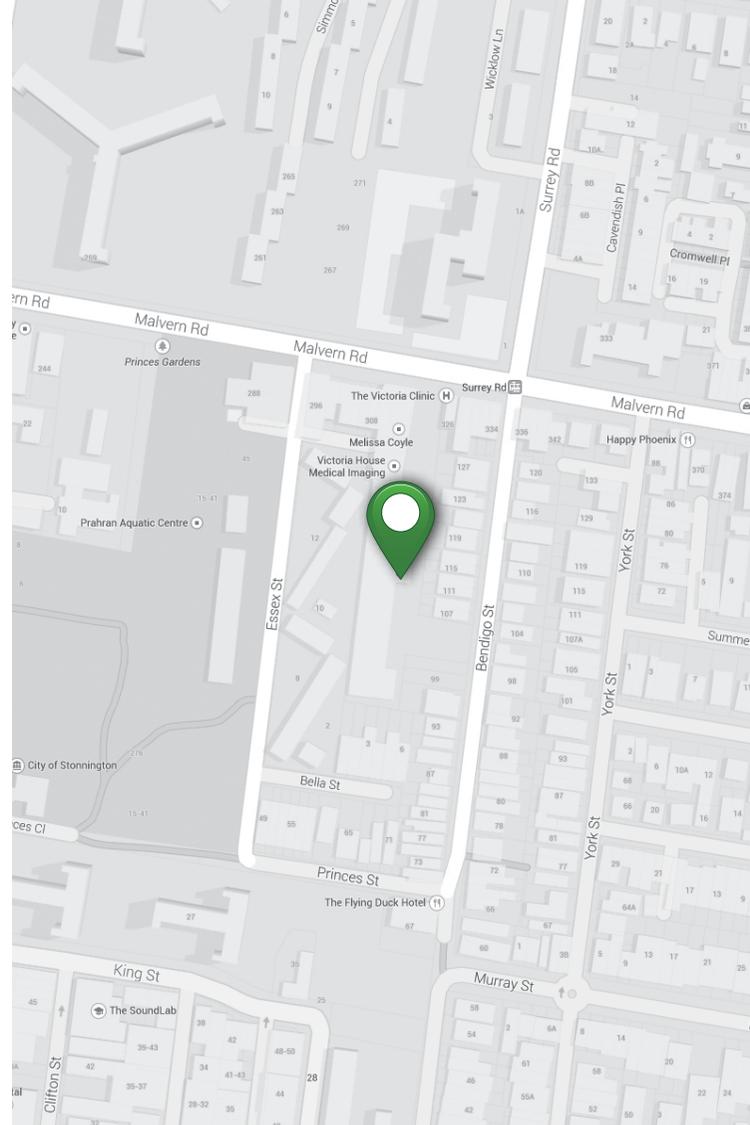
After 6 weeks in a cast you are then able to fully weight bear in a CAM Walker for a further six weeks.

When can I resume normal activities?

After the two week mark, a slow increase in activity is encouraged. It will take 2-4 months to feel the benefits of the surgery, it may take 1-2 years to fully settle.

When can I return to work?

If you have a sedentary job you will need at least 2 weeks off. If you have an active job where you stand or walk you will probably require 2-3 months off work.



Hindfoot Arthritis



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Subtalar Arthritis

The subtalar joint is the joint between the talus and the calcaneum. It is responsible for the majority of sideways motion of the hindfoot.

This joint can become arthritic due to previous injury, inflammatory arthritis or general “wear and tear”.

Symptoms may include pain, stiffness, swelling and difficulty walking on uneven surfaces.

Conservative Treatment includes: analgesics, anti-inflammatories, shoes, insoles, change in activity, controlling weight.

Subtalar Fusion

The most reliable surgical option for an arthritic Subtalar joint is a fusion. This surgery aims to convert a stiff and painful joint into a solid, comfortable one.

The degenerate joint surfaces are surgically removed.

The bone is then positioned correctly and secured with screws. The screws routinely remain insitu.



Subtalar Fusion

Triple Fusion

This operation will fuse the three main joints of the hindfoot, the subtalar joint, calcaneocuboid joint and the talonavicular joint.

A triple fusion produces better alignment of the midfoot but is a more destructive procedure than a subtalar joint fusion.

It maybe necessary to put some extra bone into a fusion to promote healing and to fill any gaps in the fusion left by correcting the deformity.



Triple Fusion