



NEW ENGLAND
ORTHOPEDIC SURGEONS

300 Birnie Ave, Suite 201, Springfield, MA 01107
(413) 785-4666 • www.neortho.com

THINGS YOU SHOULD KNOW ABOUT BIG TOE (1st MTP Joint) FUSION

1. **It's a Project**
2. The goal of this project is to give you a toe that hurts dramatically less, at the price of stiffness.
3. Your dressing will be changed in 2 weeks.
4. You must wear a **cast-shoe for 4 weeks**.
5. You must **keep it dry** until sutures are removed – up to 4 weeks.
6. You will transition from an orthopedic sandal to a normal shoe.
7. This transition takes **6 to 8 weeks**.
8. You will be **swollen** for months and months.
9. Most patients take **4 to 5 months** to fully recover.
10. You may be unable to **return to driving**, particularly if it involves the Right side, for **6 to 8 weeks**.
11. The **timing of return to work** depends on what you do, and how much work can accommodate your necessity to keep it elevated, and perhaps minimize or alter your work duties. Dr. McDonald will be happy to provide out of work documentation for your employer as necessary and appropriate.
12. Most people end up happy with the result; it has a high rate of patient satisfaction.