

1st MTP Cheilectomy (Removal of Bone Spurs)



Arthritic conditions of the great toe present with a variety of complaints- ranging from difficulty with footwear, pain with athletic activities, to pain with activities of daily living. When considering surgical options, our goal is to determine your functional demands and what activities you enjoy and match the most appropriate surgical intervention that will provide long term functional improvement.

Cheilectomy is a procedure that is effective for patients with hallux rigidus (arthritis of big toe) that have difficulty with footwear secondary to the prominence. Although this does help with pain within the great toe as well, the surgery is ideal for patients with early stages of hallux rigidus and footwear complaints. A small incision is made on the top of the great toe, and the bony spurs on both sides of the joint (phalanx and metatarsal) are removed to remove the prominence and improve the mechanical movement of the great toe. Recovery consists of a surgical shoe that allows weight-bearing immediately after surgery. Transition to athletic shoes occurs typically 4-6 weeks from surgery. After the swelling has subsided, which can take up to 3 months, a return to more fashionable shoes can be considered, with patient comfort ultimately determining what shoes can be worn.