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Foot, Ankle and Trauma Surgery

WEIL OSTEOTOMY

INTRODUCTION

This procedure is performed to reduce forefoot pain by shortening the length of the metatarsal or metatarsals (the bones of forefoot). This spreads weight more evenly through the forefoot.

THE SURGERY

Weil osteotomy surgery involves:

- i. General anaesthetic, intravenous antibiotics
- ii. Incision on top of forefoot
- iii. Dissection down to metatarsal
- iv. Shortening of the metatarsal
- v. Insertion of screw
- vi. X-ray to check position
- vii. Wound closure

RISKS OF SURGERY

All surgical procedures carry some risk. Fortunately, the risk of complications with a Weil osteotomy is low (in the vicinity of 20%). Some of the risks of surgery include:

- Infection
- Problems with wound healing that may require antibiotic treatment, readmission to hospital, further surgery including plastic surgery and/or other treatments
- Nerve injury causing pain, numbness tingling and/or pins and needles
- Ongoing pain
- Complex regional pain syndrome
- Scarring
- Floating toe (where the toe sits off the ground)
- Deep venous thrombosis/pulmonary embolism. (The risk of DVT increases with smoking, the oral contraceptive pill and hormone replacement therapy, immobility and obesity).
- Insufficient blood flow resulting in loss of toes, foot or limb
- Drug allergy / anaphylaxis
- Further surgery
- Anaesthetic complications including heart attack, stroke and death

GUIDELINES FOR EXPECTED POST OPERATIVE RECOVERY

Keep dressings dry and intact until post operative appointment. Keep foot elevated as much as possible, especially for initial 72 hours.

Removal of stitches/sutures: 10-14 days.

Pain killers may be required for up to 2 weeks.

You may weight bear as comfortable, crutches may be required.

Fully recovery: 3 - 6 months.

Every patient's recovery is individual and depends on the severity of the pathology and the complexity of the surgery.

ANY PROBLEMS

During office hours contact Dr Wines' office on (02) 9409 0563. After hours, please contact the hospital where your surgery was performed.