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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 relatively low. Some of the risks of surgery include:

- Infection
- Problems with wound healing
- Non union of bone
- Nerve injury causing numbness, tingling and/or pins and needles.
- Blood vessel injury
- Deep venous thrombosis/pulmonary embolism. (The risk of DVT increases with smoking, the oral contraceptive pill, hormone replacement therapy, immobility and obesity).
- Ongoing pain.
- Anaesthetic complications
- Drug allergy

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. Antibiotics 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 injury and the complexity of the surgery.

ANY PROBLEMS

During office hours contact Dr Wines' office on (02) 9409 0500.

After hours please contact the hospital where your surgery was performed.