

Sesamoidectomy

INTRODUCTION

We all have two small accessory bones underneath our big toe joint, and these are called the medial and lateral sesamoids. Sesamoiditis is a general term that indicates an injury to a sesamoid bone. There are multiple possible causes, such as trauma (fracture, contusion, repetitive stress), infection, arthritis, osteonecrosis, and osteochondritis dessicans. When conservative measures fail to relieve pain or heal the sesamoid, excision of the offending sesamoid may be required.

THE SURGERY

A sesamoidectomy involves a number of steps:

- General anaesthetic and IV antibiotics
- Tourniquet around the thigh
- Medial sesamoid: Incision on the inside aspect of the big toe
- Lateral sesamoid: Incision on the sole of the foot under the big toe joint
- Excision of the sesamoid and check x-ray
- Repair of the surrounding flexor hallucis brevis (FHB) tendon
- Closure of incision with sutures
- Local anaesthetic block
- Surgical boot (VACOCast)

GUIDELINES FOR POST-OP RECOVERY

HOSPITAL ADMISSION

- Most patients go home on the day of surgery

FIRST 2 WEEKS

- Elevate foot and rest
- TOUCH weightbearing only in surgical boot with crutches/frame/knee scooter
- Surgical boot on at all times (including in bed and shower)
- Dressings to stay completely dry and intact
- Strong painkillers as required
- Aspirin 100mg & Vitamin C 1g per day

2 WEEK POST-OP APPOINTMENT

- Review by nurse and removal of dressings & sutures

WEEKS 3-6

- Elevate foot when not walking
- Daily scar massage for nerve desensitisation from 3 weeks post-op
- **PHYSIOTHERAPY:**
- Progress to full weightbearing as tolerated in surgical boot, and then wean out of boot into normal stiff soled shoe, +/- carbon fibre plate
- Protect great toe from over-pronation (tape/orthotics as needed)
- Passive and active great toe and ankle ROM
- Gait re-training
- General lower limb strength, conditioning, and proprioception

6 WEEK POST-OP APPOINTMENT

- Review by Dr Zilko

FROM 6-12 WEEKS

- Progress skill and sport-specific training as tolerated
- Impact exercises including running from 12 weeks post-op

Full recovery is usually 3-6 months, and can take up to 12 months.

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