

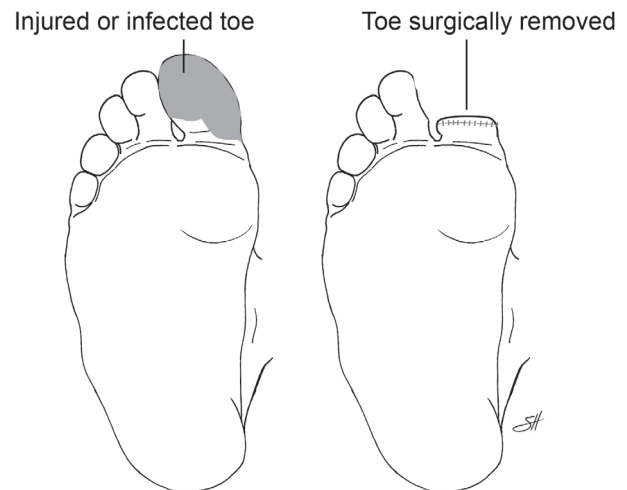
Surgery

TOE AMPUTATION

MICHAEL E. DeBAKEY
DEPARTMENT OF SURGERY

Amputation of the toe is the removal of any part of your toe. The residual part of the limb that remains after the procedure is called a stump.

You may need an amputation of the toe due to trauma, injury or infection. Another reason for toe amputation is when the blood supply to the toe is reduced, in conditions such as vascular disease, diabetes or frostbite. In these situations, the toe can become gangrenous due to lack of blood supply, which can be life threatening if not addressed.



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During Surgery

- You will be given moderate sedation, which means you will be given intravenous (IV) anxiety and pain medications. You will be awake and able to follow directions but will be calm and not feel pain. The surgeon will also use local anesthesia to numb the foot.
- During the surgery, your surgeon will make an incision in the skin around the toe, making sure there is enough skin left to cover the new wound. The damaged bone and soft tissue are removed.
- The remaining skin and muscle or tendon will be pulled over the open area and the incision will be stitched closed.
- Sometimes, the wound cannot or should not be closed. In this case, the surgeon will cover the wound with a skin substitute or graft.
- The surgery will take about 30 to 60 minutes.

After Surgery

Recovery - What to Expect

- Your length of stay in the hospital will depend on the location, size and type of surgery and wound anticipated. Your surgery team will discuss the expected hospital stay based on your specific case and management plan.
- If you are scheduled for an outpatient procedure, you will likely be discharged after a recovery period of two hours to assure your vital signs are stable and your pain and bleeding are controlled.
- If your pain or bleeding is uncontrolled, you may be admitted to the hospital for overnight recovery.
- If you are scheduled as an outpatient, be sure you have someone to take you home as anesthesia and pain medicine will make it unsafe for you to drive home on your own.

Pain

- Your surgery team may give you pain medication after surgery to help you feel better.
- For most patients, pain improves within a week after surgery.
- You may think you have feeling or pain where your toe had been. This is called phantom pain. It is common and it may come and go for a year or longer. If you have this kind of pain, your doctor may prescribe medicine to treat it.

Activity

- Avoid walking on the foot as this will delay wound healing.
- Avoid wearing a regular shoe on the foot with the surgical wound.
- Your surgeon may prescribe a special offloading shoe such as a surgical shoe or boot or knee scooter to help with transferring to the bathroom.
- Keep your foot up and elevated at heart level when sitting to prevent swelling which may cause pain.
- Cover the foot with a plastic bag or special covering while showering to prevent getting the dressing wet.

Wound Care

- Keep a dressing over the wound at all times.
- Wound care orders will be provided to you. Please follow these instructions, as ordered. These will be specific to your exact wound and dressing applied after surgery.
- The wound care orders will be performed by either home health, nursing facility/rehab nurse or family member.
- If applicable, our office will submit for home health coverage to perform wound care. If your insurance company approves, you will be assigned a nurse to perform the wound care at least three times per week. Depending on frequency of dressing changes, a family member may have to perform dressing changes on alternate days.

Medications

- Your surgeon will prescribe antibiotics, pain medication and wound care instructions for discharge. Take your medication and follow orders as prescribed.
- While you are taking pain medication, be sure to monitor your bowel movements and drink enough fluids to prevent constipation.
- If you have any questions, please call the office or send a MyChart message.

Call your doctor right away if you have any of the following symptoms:



- Bleeding from your surgical site
- Pain uncontrolled by pain medication
- Coolness and/or numbness in the leg or foot
- Changes in color of skin on the leg or the foot
- Incision that opens up or pulls apart
- Signs of infection around the incision (redness, drainage, warmth, pain)
- Dizziness or lightheadedness
- Persistent nausea or diarrhea



You will follow up in our office in one or two weeks after your surgery. An X-ray of your foot may be necessary to evaluate progress. You will receive an appointment confirmation call one to two business days prior to the appointment. This information will also be available on your MyChart portal.

If you have any questions or concerns regarding your procedure or care, please give us a call or send a message through the MyChart portal. If you are having trouble logging on or need to set up, please call MyChart Support.

Call 911, or go to Baylor St. Luke's Medical Center, if you experience the following:

- Chest pain
- Shortness of breath
- Rapid, irregular heartbeat
- Changes in your speech, difficulty concentrating or weakness on one side of your body

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