

Surgery for curly toe (Flexor Tenotomy)

Children's Hospital
Information for Patients

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What is curly toe surgery (Flexor Tenotomy)?

Curly toe surgery (Flexor Tenotomy) is a small operation that involves releasing the tendon in the affected toe or toes. This operation is recommended when the curly toe is causing pain, or when the child is unable to wear shoes comfortably.

Curly toe usually corrects itself by the age of four or five without treatment so it is usually best to wait until after this age before considering surgery.

Before the operation

- Your doctor will explain the operation in detail, discuss any worries and ask you to sign a consent form.

After the operation

- Your child will be monitored after the operation whilst they are recovering from their general anaesthetic (sleep).
- They will be given a drink on return to the ward and may have something to eat when they feel ready.
- The foot or feet will be bandaged but your child will still be able to walk. We advise that your child walks on their heel, this will be explained after the operation and a special shoe will be provided.
- Your child will be allowed home when safe and you are happy to take them home, this is usually the same day.

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At Home

- Keep the foot/feet lifted up (elevated) for 48 hours to help with any swelling.
- The bandage may be taken off after 48 hours at home and the dressing can be changed after five days.
- You will have an appointment for a wound check, this will be sent in the post.
- Your child should be off school for 4-5 days or until they can comfortably wear their shoes and walk.

Possible Complications

- With any operation there is a small risk of infection, if this happens then antibiotics will be given.
- It is important to wash your hands before changing the dressing. Keep the dressing clean and dry and keep the wound covered until healed - this will help to stop infection.
- In some cases the wound has to be left slightly open and it will need a month or so to fully heal.
- It is possible for curly toe to come back but this is rare.

Paediatric Orthopaedic Consultants

- Mr Furlong
- Mr Abraham
- Mr Qureshi
- Miss Peek

Contact Details

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اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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