

PATIENT EDUCATION · MINIMALLY INVASIVE FOOT & ANKLE PROCEDURES

Hammertoe Correction

A hammertoe is a contracture of one or more of the smaller toes that can cause pain, corns, and shoe irritation. When conservative care no longer provides relief, surgical correction may be considered for eligible patients to straighten the toe and relieve pressure.



For educational illustration only.

Focus area	Minimally Invasive Foot & Ankle Procedures
Goal of care	A hammertoe is a contracture of one or more of the smaller toes that can cause pain, corns, and shoe irritation.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Patients with painful, rigid, or contracted toes
- Those with recurring corns or shoe irritation
- Eligible patients who have not improved with conservative care

How We Evaluate

- Examination of toe flexibility and alignment
- X-rays when needed to assess the joints
- Review of symptoms, footwear, and prior care

When to Seek Care

- Toes that are bending, stiff, or painful
- Recurring corns or calluses over a toe joint
- Difficulty wearing shoes comfortably

Treatment Options

- Padding, footwear changes, and orthotics
- Splinting or conservative measures
- Surgical correction for eligible patients

What to Expect

1

A plan tailored to your toe alignment and symptoms

2

Guidance on recovery and footwear

3

Coordinated follow-up with the care team

Your Surgery Journey — Before, During & After

BEFORE SURGERY

- Complete any requested labs, imaging, or medical clearance
- Review your medications with us — some may need to be paused
- Follow eating/drinking instructions if anesthesia is planned
- Arrange a ride home and loose, comfortable clothing
- Wash the foot the night before; remove nail polish if asked

DURING SURGERY

- Local anesthesia numbs the area for most office-based procedures
- You may feel pressure or movement, but should not feel sharp pain
- Most procedures take roughly 30–90 minutes
- Our team monitors your comfort throughout

AFTER SURGERY

- A sterile dressing protects the surgical site
- You may receive a surgical shoe or boot for walking
- Mild soreness is normal as numbness wears off
- Written instructions and follow-up scheduling before you leave

Dr. Wigley's Post-Op Instructions

1. Keep the dressing clean, dry, and in place until we remove or change it — no peeking.
2. Elevate the foot above heart level as much as possible for the first 48–72 hours.
3. Apply ice as directed (about 20 minutes on, 20 off) over the dressing — never directly on skin.
4. Take medication exactly as prescribed; stay ahead of pain rather than chasing it.
5. Follow your weight-bearing instructions and wear the surgical shoe/boot whenever walking.
6. No soaking, baths, swimming, or getting the site wet until cleared at follow-up.
7. Call the office right away for: fever over 101°F, spreading redness, foul drainage, bleeding through the dressing, severe pain not relieved by medication, or new calf pain/swelling.
8. Keep every follow-up appointment — healing is monitored at each visit.

Important: These are general guidelines. Always follow the personalized instructions given to you at your visit — they take priority over this handout. Questions after surgery? Call (305) 895-9528.

Common Questions

Do all hammertoes need surgery?

No. Many improve with conservative care. Surgery is considered for select eligible patients when other measures are no longer effective.

How long is recovery?

Recovery varies by patient and procedure. Your care team will discuss expectations specific to your situation.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- American Podiatric Medical Association — apma.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.