

# What to Expect After Having a Cheilectomy to Your Ankle

For patients of Dr. Lau

## What is a cheilectomy?

A cheilectomy is a surgery to remove extra bone (bone spur) from the front part of your ankle joint.

## Why do I need this surgery?

You have arthritis in the ankle that has caused a bone spur. We do this surgery to lessen pain when the ankle bends up. It may make the ankle bend a little easier.

**Note:** The surgery does not remove the arthritis. Your pain could come back if your arthritis gets worse.

## What to expect after the surgery

### On the day of your surgery:

Your foot is wrapped in a bandage and you wear a splint (soft cast). Do not change the bandage.

Expect your foot to be numb for 12 to 24 hours after the surgery.

To manage pain:

- Prop up your foot when you are sitting or lying down by putting pillows under your foot. This lessens swelling.
- Take pain medications as you need.

**Important:** Do not put any weight on your foot. Use crutches, a walker or knee scooter to move around.

**When to call surgeon:**

Call Dr. Lau's office at 416 603 6292 right away if:

- your wound is still bleeding the day after surgery
- your foot feels numb or tingling the day after surgery
- your toes change colour (purple, white, or spotted) at any time

**2 weeks after surgery:**

You have a follow-up appointment in Fracture Clinic at Toronto Western.

- We take new x-rays to check on your recovery.
- We remove the bandage and sutures (stitches).
- You start physiotherapy.

You can start walking on the foot as pain permits.

**6 weeks after surgery:**

You have a follow-up appointment at Dr. Lau's office at Toronto Western.

You can walk on the foot normally.

**What side effects can I expect?**

Your ankle may be swollen for 6 to 12 months after surgery. It may feel throbbing, achy and uncomfortable at the end of the day. This is normal and gets better over time.

**For more information:**

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