



# Case of the Month

**Chronic great toe ulcer of 7 months healed  
in just one week after minimally invasive surgery**

May 2015

## Dear Physician,

Thank you very much for your referrals to our office. We love helping your patients restore their active lifestyles. This month's case concerns a great toe ulcer. Happy Reading!

## The problem:

This patient came to see me with a chief complaint of ulceration on the distal tip of his great toe. About **seven months** ago he was doing rehabilitation exercises and developed the ulcer. He stated that he had numbness due to a previous nerve injury in his lower extremity. The patient saw several doctors and received treatment for serious infections during the last **seven months** but the ulcer did not heal. As you can see by the photo below it wasn't a particularly large ulcer but just would never heal. Clinical examination revealed that he had a hammertoe on the great toe causing pressure on the distal tip.

## The cause of the problem:

The reason this great toe ulcer did not heal is because the main cause of the ulcer was not being addressed. The patient had a toe deformity that was causing excessive pressure. The toe deformity was probably due to his peripheral neuropathy which had occurred from his previous nerve injury.

## The solution to the problem:

Thanks to minimally invasive techniques in toe surgery, this patient was able to undergo the tenotomy on the plantar aspect of the great toe using an 18-gauge needle. One week later, the patient's toe was healed (see photo below.) The great thing about this surgery is that it requires only 2 days of rest. The procedure is done in the office under local anesthetic. On the postoperative photo below, no wound is seen where the procedure was done and the ulcer is almost healed after only **one week**.

If you have patients who have a foot ulcer, please don't hesitate to have your staff call and refer your patient to us.

Yours in Good Health,

Darren Silvester, DPM

