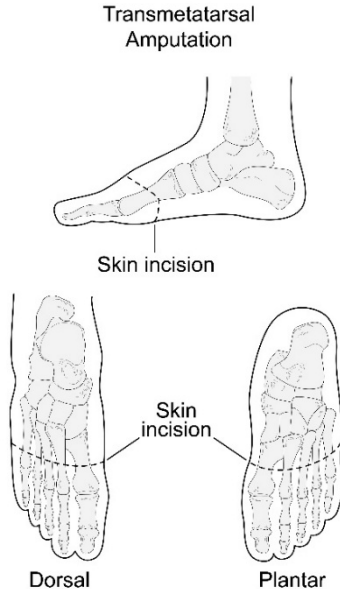
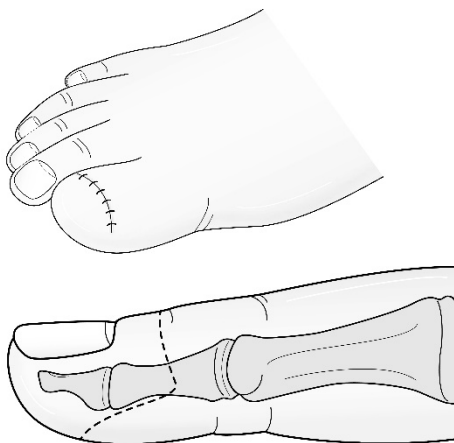


Transmetatarsal Amputation (TMA) and Toe Amputation

Transmetatarsal amputation (TMA) is a surgery to remove part of your foot. You may need a TMA if you have poor blood flow to your foot or a severe infection.



A toe amputation is a surgery to remove one or more toes.



Incision Care

When you leave the hospital, your incision will most likely be closed with stitches or staples. Your provider will remove them at a follow-up visit.

Clean your incision every day with warm water and a mild, fragrance-free soap. Gently wash the area with a clean washcloth or gauze. **Do not** scrub. Rinse well and gently pat dry. Let the incision and the skin around it dry before putting on a dressing.

Unless your provider gives you other instructions, loosely wrap your foot with dry gauze.

Do not soak your foot in a bathtub, swimming pool, or hot tub until your provider says it is safe. **Do not** place lotion, alcohol, powder, or oil on the incision.

Pain Control

It is normal to have some pain at the suture line and in your foot after surgery. Your provider has prescribed pain medicine for you to use at home. This is often the same medicine that you have been getting in the hospital.

As healing occurs, your pain will improve and you will need less pain medicine. Ask your provider which over-the-counter medicine is safe for you to take.

Diet

It is common to have less appetite and lose some weight after surgery. Even if you do not feel hungry, try to eat well to help your body heal. Many people find it easier to eat 5-6 small meals each day instead of 3 large meals.

The most common problem after going home is not drinking enough fluids. Not getting enough fluids can make you feel tired and weak and can slow healing. Follow these tips to stay hydrated and support recovery:

- Drink at least 8-10 glasses (8 ounces each) of water or juice every day
- **Avoid** drinks with caffeine, such as coffee, tea, and some sodas, because they can cause your body to lose fluids

To help prevent constipation, eat at least 3 foods high in fiber each day. Good choices include fruits and vegetables, such as apples, dates, beans, peas, prunes, and prune juice. Whole grains, such as oatmeal, bran cereals, and whole grain breads, are also good sources of fiber.

Activity

It is normal to feel more tired than usual after surgery. Your energy and strength will improve over time. Staying active can help you regain strength and prevent constipation. Try to be as active as you can while making sure to rest when you need to. Slowly increase your activity each day.

When sitting or lying down, keep your legs raised above the level of your heart when possible. This can help reduce swelling.

Follow your provider's instructions about walking and putting weight on your foot. You may need to wear a special shoe that lets you put weight on your heel only. In

some cases, you may need to keep all weight off your foot until your provider tells you it is safe.

Smoking

Try to quit smoking. Smoking delays wound healing and can decrease blood flow, shrink arteries, and raise your blood pressure. If you would like help quitting, call the Quit Line: **1-800-QUITNOW (784-8669)**.

Poor Blood Flow to the Legs and Feet

You are more likely to have poor blood flow to your legs and feet if you:

- Smoke
- Are over age 50
- Have high blood pressure
- Have high cholesterol
- Have diabetes
- Do not exercise
- Have heart disease in your family

Taking Care of Legs and Feet with Poor Blood Flow

- Look at your legs and feet daily for sores, scratches, cracks, blisters, and redness. Report them to your provider or nurse.
- Wash your legs and feet daily with mild soap and water. **Avoid** soaking. Dry well.
- Put lotion on dry skin daily.
- Let a provider or nurse clip your toenails or show you how to clip them.
- Wear shoes that fit well.
- Wear white cotton or wool socks.
- Check shoes and socks for stones, sharp things, or holes.
- **Do not** use heating pads or hot water bottles on legs or feet.
- Never go barefoot.

When to Call

Check the amputation site every day. Call your provider if you notice:

- An increase in redness or warmth at the amputation site.
- Red streaks on your skin that extend from the site where the stitches are.
- Bulging or swelling at the incision.
- New drainage or bleeding from your incision.
- Open spots between the stitches where the skin is pulling apart.
- A fever higher than 101.5°F (38.5°C) by mouth for two readings taken 4 hours apart.
- The skin along the incision is getting darker or turning black.

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit

www.uwhealth.org/.

Our health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your provider. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your provider or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#4892.