

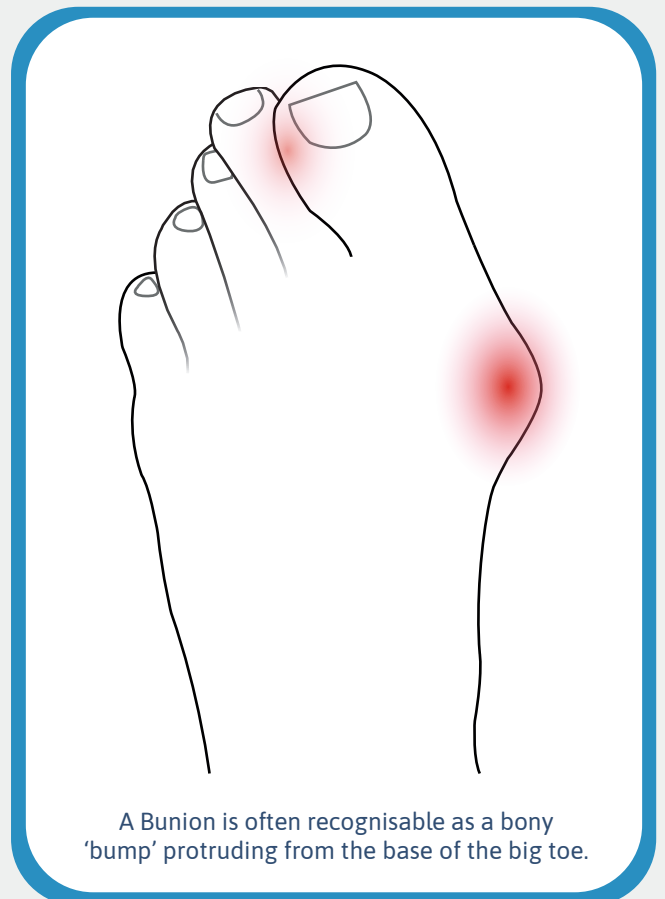


Minimally Invasive Bunion Correction

A Bunion is a bony deformity that sticks out of the side of the foot below the big toe. When a Bunion develops, the big toe will typically start to point towards the other toes on the same foot, which may then result in the metatarsal bone attached to it sticking outwards.

Bunions are progressive, meaning that over time they will get worse unless they are treated. Although Bunions are typically treated with conservative measures, at this point in time the only way to fully correct the deformity and realign the toe is with surgery. If the Bunion is quite severe and conservative treatments have failed to provide adequate symptom-relief, your surgeon may recommend an operation to correct the deformity.

There are several surgical procedures that can be used to correct a Bunion and your surgeon will be able to advise on the procedure most suited to your case. This sheet is written to provide more information on Minimally Invasive Bunion Surgery.



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Minimally Invasive Bunion Surgery

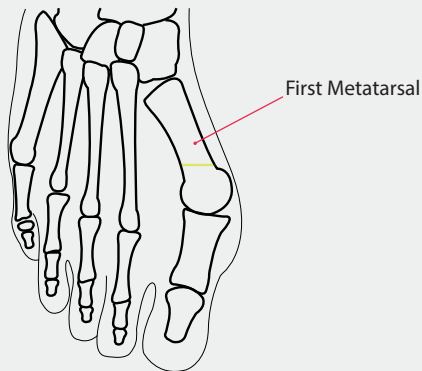
Patient Information

Minimally Invasive Bunion Correction

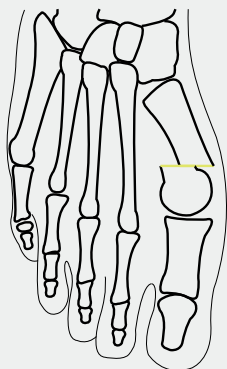
Minimally Invasive Surgery, also known as Keyhole Surgery, uses modern techniques and equipment to decrease the number and size of incisions during surgery. This has several benefits, including faster recovery time, less postoperative pain and less scarring.

The procedure takes place over the following steps:

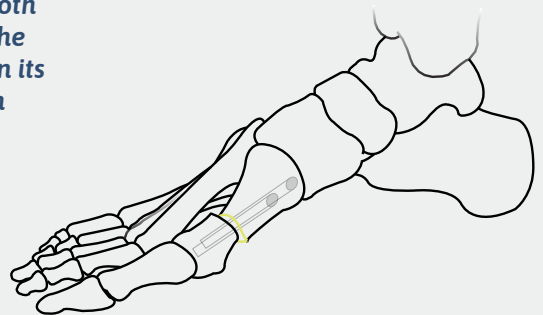
1. A small 2mm incision is made allowing the first metatarsal to be cut



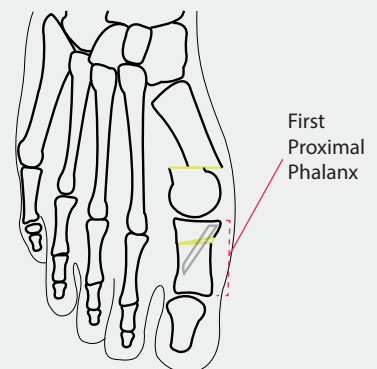
2. The head of the first metatarsal is repositioned, to partially minimise the bony prominence



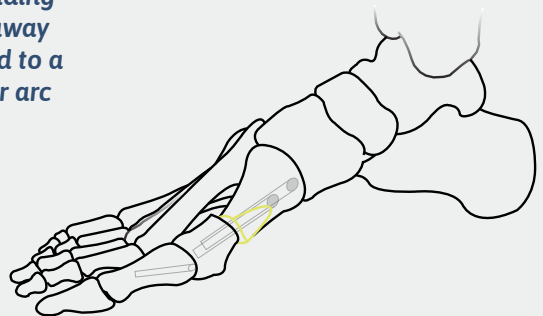
3. 2 screws are used to fix both sections of the metatarsal in its new position



4. A wedge is removed from the first proximal phalanx to reposition the toe into a straighter natural alignment. This is also fixed in place with a screw.



5. The protruding bone is cut away and flattened to a natural outer arc



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What To Expect After Surgery

Incision sites at 4 weeks postoperatively



See More Before and After Pictures

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Procedure Information

Indications for the procedure	Hallux valgus (bunion) deformity Pain from prominent joint Difficulty with shoe fit despite wearing sensible footwear
Aims of surgery	To reduce pain and deformity To improve the big toe joint alignment (straightening).
Advantages of the operation	A localised procedure that does not involve other joints Reduces the misalignment, which is the cause of the deformity
Specific risks of the operation	Joint stiffness (2%) Over/under correction Pain in ball of foot (1%) Recurrence of deformity Non-union of bone (bone does not knit together) (0.4%) Fixation problems with the screws/pins 2% Fracture or displacement of metatarsal bone (0.6%).
Operation time	Approximately 60 minutes
Incision placement	Typically on one side of the foot
Stitches	We try to use dissolvable stitches (where possible).
Fixation	Minimally invasive PECA screw system is used. You will not normally notice them and they do not usually need to be removed.
Plaster	This is not normally necessary. If your particular operation requires a plaster we will let you know in advance
Length of stay	Typically you will be admitted for half a day
Time off work	Two weeks for non manual work Six to eight weeks for manual work
Alternative treatments	Manage your symptoms by altering activity levels, using painkillers or by changing footwear. The use of insoles, orthoses or toe splints has not been shown to correct toe deformity

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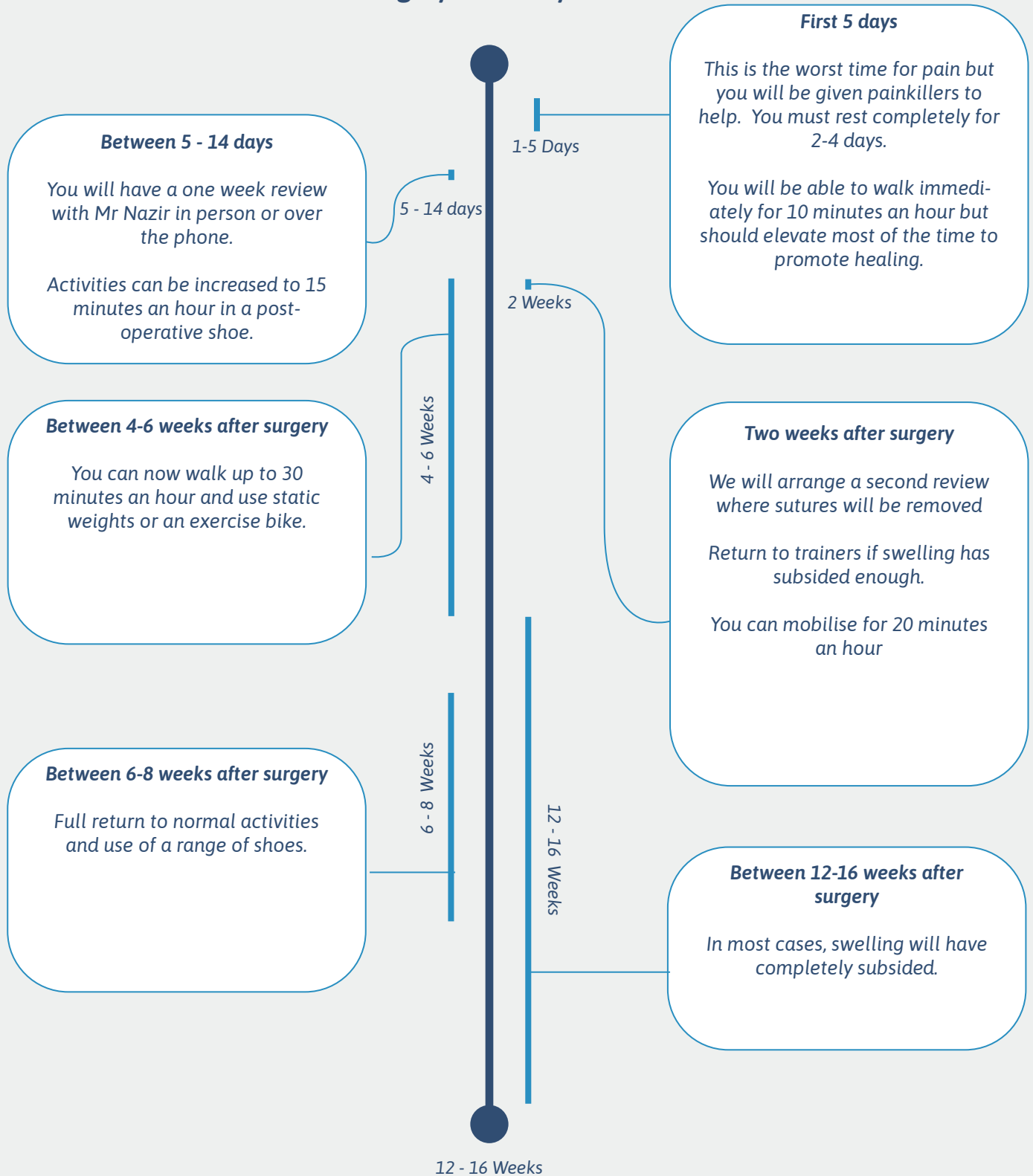
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Minimally Invasive Bunion Surgery

Patient Information

Post-Surgery Recovery Timeline



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You must have a competent adult at home for the first day and night after surgery, unless otherwise discussed with your consultant, this allows us to be sure you will be safe for the first night.

*If you have any queries at all
please contact the clinic on*

0207 820 8007

or email

admin@londonfootandanklesurgery.co.uk

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