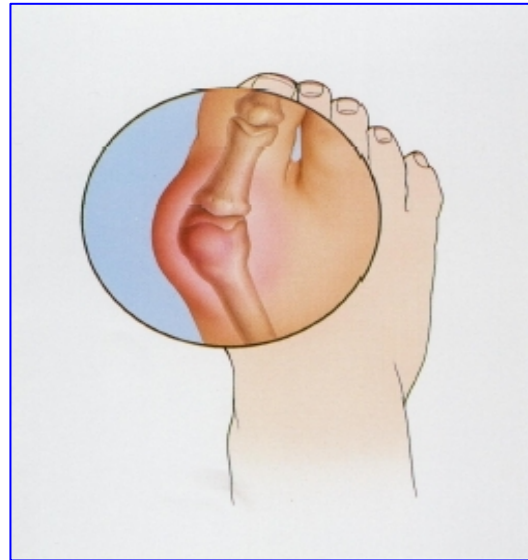


Bunion Correction

What is a Bunion?

Also known as hallux valgus, this is a mal-alignment of the big toe joint which causes the big toe to go off at an angle. As a result the big toe starts to crowd the smaller toes. It makes the foot wider, which causes footwear-fitting issues and can give rise to pain. Because the big toe does not weight bear normally it can also cause pain under the second knuckle joint, which can feel like walking on a marble.



Indications for Surgery

- Pain in the big toe joint.
- Difficulty fitting shoes.
- Crowding of the small toes leading to deformity and painful corns and calluses.
- Failure of conservative treatment such as padding, orthotics and changing your footwear

Surgical Risks

- Infection,
- Scar problems
- Loss of sensation
- Post operative swelling
- Blood clots
- Anaesthetic problems
- Heart attack/angina
- Death, Chronic pain and swelling

Alternatives

- Manage your symptoms by altering activity levels,
- Use painkillers,
- Change your footwear possibly with support.
- The use of orthotics will not correct your bunion but may ease the pain

Surgery

Time: 45 minutes

Incision placement: To the side of the big toe joint so when you look from above you cannot see the scar

Stitches: Dissolvable stitches are used where possible

Wires: You will usually have a combination of screws and wires to ensure the bones heal in the correct position

You walk in and out of the day surgery centre and can normally go back to work in three to four weeks

Paul Bours Podiatric Surgeon

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