
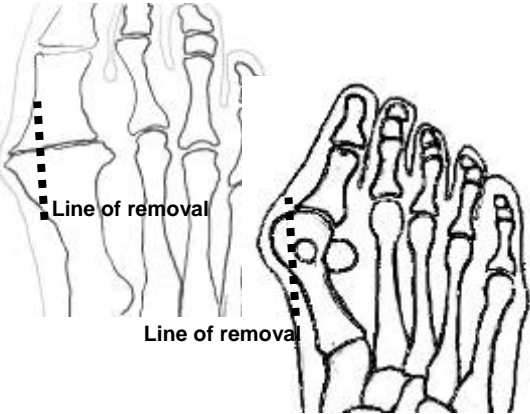


16	TOPIC	Hallux Valgus/Rigidus (Bunion & Arthritic Big Toe Joint)	
PROCEDURE		Reduction by Excision of Medial Bunion (Silver's Type Bunionectomy or Bumpectomy)	
			
AIMS OF SURGERY		To reduce pain associated with pressure from the bulk of the deformity To reduce callus / corn formation	
ADVANTAGES OF THIS OPERATION		<input type="checkbox"/> Localised procedure which does not involve other joints <input type="checkbox"/> Can avoid more extensive surgery where circumstances are appropriate <input type="checkbox"/> Least complex operation for bunion correction	
SPECIFIC RISKS OF THIS OPERATION		<input type="checkbox"/> High chance of regrowth of Bunion deformity <input type="checkbox"/> Feeling of stiffness / pain	<input type="checkbox"/> Resorption of bone (bone crumbles) <input type="checkbox"/> Big Toe deviates more
OVERVIEW			
Operation time		Usually around 30 minutes	
Incision placement		Usually on top of the toe / side of the big toe joint	
Stitches		We try to use absorbable stitches (where possible)	
Fixation		Not usually required	
Will I have plaster?		This is not normally necessary. If your particular operation requires a plaster we will let you know in advance	
Is this a Day Procedure?		Yes, you can usually go home the same day (you will usually be admitted for half a day)	
Estimated time off work		Non-manual work approximately 4-6 weeks Manual work 6-8 weeks	
INDICATIONS FOR THE PROCEDURE		Pain from prominent 1 st metatarsophalangeal joint medial bump (BUNION) Difficulty with shoe fit despite wearing sensible footwear Relatively stable deformity where more complex surgery not indicated/advisable.	
ALTERNATIVE TREATMENTS		Manage your symptoms by altering activity levels, using painkillers, changing footwear/ extra-width or special footwear possibly with an in-shoe foot support. (The use of insoles/orthoses or toe splints has not been shown to correct toe deformity)	
GENERAL RISKS OF SURGERY		The anaesthetic options and general risks of foot surgery are outlined in the Generic Pre-operative Information Booklet for Patients with which you will have already been provided YOU SHOULD READ THIS LEAFLET IN CONJUNCTION WITH THE GENERIC PRE-OPERATIVE INFORMATION BOOKLET FOR PATIENTS (Numbered 1)	
MORE INFO BY:		1. Speaking with your consultant or one of the clinical team 2. Reading the information provided 3. Looking at our Department's NHS Choices information or the Faculty of Surgery website 4. See our Podiatric Surgery public facing website pages on http://www.herefordshire.nhs.uk/	

Surgery to Reduce Hallux Valgus/Rigidus Reduction by Excision of Medial Bunion

Answers to Common Questions

The Operation

The operation is usually performed under a local anaesthetic, around the metatarsal or the ankle and most patients find this to be more comfortable than a dental injection.

The operation takes about 30 minutes, although you will be in the Day Surgery unit for longer. You must have a competent adult at home for the first day and night after surgery. This allows us to be sure you will be safe for the first night.

First 2-4 days

- This is the worse time for pain but you will be given painkillers to help. You must rest completely for 2-4 days.
- You will be able to stand and take weight carefully (using crutches) after the operation, but you must rest, with your feet up, as much as possible.
- You should restrict your walking to going to the bathroom and when getting about use your crutches in the way you will have been shown.
- You can get about a little more after 3 days.

7 days after surgery

- You will need to attend for your foot to be checked and re-dressed.
- You may start to do a little more within pain limits. Pain means you are doing too much.

Two weeks after surgery

- You must attend again. Sutures will be removed unless there are any on the sole of the foot (these are taken out after 3 weeks).
- You will not need a bandage, probably will no longer need the crutches and can get the foot wet providing the wound has healed satisfactorily.

Between 2-8 weeks after surgery

- The foot starts to return to normal and you can return to shoes (4-8 weeks).
- The foot will still be quite swollen especially at the end of the day.
- You may require a review appointment at 4-6 weeks
- You may return to work but may need longer if you have an active job
- You may return to driving if you can perform an emergency stop. You must check with your insurance company before driving again.
- Whilst normal activity will be resumed, sport should be avoided.

Between 8-12 weeks after surgery

- The foot should continue to improve and begin to feel normal again.
- There will be less swelling.
- Sport can be considered after 3 months depending on your recovery.

Six months after surgery

- You will have a final review between 3- 6 months following surgery.
- The swelling should now be slight and you should be getting the full benefit of surgery.

Twelve months after surgery

- The foot has stopped improving with all healing complete.

Please note: if a complication arises, recovery may be delayed.