

PATIENT INFORMATION SHEET

BUNION CORRECTION			
After Surgery	Before Surgery	Scar after surgery	X-ray after surgery
			
WHAT IS A BUNION?	Also known as hallux valgus this is a malalignment 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 difficulties and also can give rise to pain within the big toe joint and the development of painful calluses. Because the big toes joint does not bear weight normally it can also cause pain under the second knuckle joint which will feel like walking on a marble. Although this foot problem can be made worse by certain shoe types it is an inherited condition.		
AIMS OF SURGERY	To correct the malalignment of the joint, relieve the pain of the condition, prevent further deformity of the foot and allow a return to normal shoes		
ANAESTHETIC	Regional anaesthesia. Local anaesthetic at the knee or ankle to make the limb numb. This means you can go home the same day.		
OVERVIEW	<p>Operation time 30mins</p> <p>Incision placement To the side of the big toe joint, so when you look down at your foot when standing the scar cannot be seen.</p> <p>Stitches We use dissolvable stitches where possible.</p> <p>Will I have wires? Yes usually a combination of small screws and wires which are countersunk into the bones. These ensure that the bones heal in the position that the surgeon aligned them in</p> <p>When do I go home? You are usually able to go home the same day. You must have a responsible adult to stay with you.</p> <p>Time off work The average time off work is 6 weeks</p>		
INDICATIONS FOR SURGERY	Pain from the bit toe joint. Difficulty with shoe fit. Crowding of the small toes leading to deformity and painful corns and calluses. Failure of conservative care e.g. padding , splints and changing shoes.		
ALTERNATIVE TREATMENTS	Manage your symptoms by altering activity levels, use of painkillers, change in footwear possibly with a foot support. The use of insoles / orthotics will not correct your bunion.		
GENERAL RISKS OF SURGERY	<ul style="list-style-type: none"> • Infection (minor + serious) • Scar problems • Postoperative pain • Loss of sensation • Postoperative swelling • Failure of the operation 	<ul style="list-style-type: none"> • Medication side-effects • Blood clots • Anaesthetic problems • Heart attack / angina • Death • Chronic pain / swelling 	YOU SHOULD READ THIS LEAFLET IN CONJUNCTION WITH THE PREOPERATIVE INFORMATION BOOKLET
SPECIFIC RISKS RELATED TO THIS OPERATION	<input type="checkbox"/> Recurrence <input type="checkbox"/> Stiff toe joint	<input type="checkbox"/> Elevated toe <input type="checkbox"/> Swelling	<input type="checkbox"/> Pain under the ball of the foot due to change of weight distribution
MORE INFO BY:	Fitter Feet For Life 34 North Street Clapham London SW4 0HD Tel 020 7627 4901 www. Fitterfeet.com		