



# Minimally invasive Bunion Surgery

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## Information for Patients

### **What is Minimally Invasive Bunion Surgery?**

This is where an Orthopaedic Surgeon with specialist skills in Foot and Ankle surgery is able to perform operations to correct Bunion Deformity (hallux valgus) and to remove Arthritic Swelling (hallux rigidus) from feet.

### **What is involved?**

Special tools have been developed to allow the Specialist Surgeon to do a range of procedures using tiny incisions in the skin. The procedures are the same as standard but the approach creates much less damage to the soft tissues.

The surgeon is guided by X-Rays that are taken throughout the operation to ensure everything is perfect.

### **What are the advantages?**

Doing surgery in this way reduces the amount of damage done by the operation. This reduces swelling after surgery and speeds up return of movement in the joints compared with the same operation done by the standard approach. By using tiny incisions the risk of complications is reduced. Recovery is therefore faster.

### **Are there any disadvantages?**

No not many. As with any surgery there is the risk of complications such as infection and damage to surrounding structures. Minimally Invasive Surgery reduces these risks however. Bone healing still has to occur where bones are cut and realigned. There is the small risk of bones healing slowly or even fail to heal and further operations can be required.

## Can everyone have Minimally Invasive Bunion Surgery?

No not in every case. As with any foot deformity there is a small risk of recurrence, especially if the deformity is large. Minimally Invasive Surgery is not good for more severe deformity for this reason and open procedures are better. Mr Farrar will discuss this with you and explain all the options

## What do I have to do after the operation?

With operations to one foot most patients will go home the same day (Day Case Operation). If both feet are operated on then it is still possible to go home the same day but many patients may wish to stay one night.

After the operation the foot is bandaged and you will walk with a stiff soled surgical shoe to protect the bone. Bandages are removed in the outpatient clinic after 1 to 2 weeks. The shoe is used for a further period depending on the type of procedure. Mr Farrar will advise you prior to the surgery but it is always possible for things to change depending on the strength of your bones and how well the procedure goes.

Mr Farrar uses special screws to fix the bones and these are usually removed after 4-6 months as they can cause discomfort. Removal is also done by minimal incisions.

## Will I have pain?

Yes all surgery causes pain. The pain however from Minimally Invasive Surgery is much less than standard open surgery. You can take pain killers such as Paracetamol. **You must not take anti inflammatory pain killers such as Aspirin, Ibuprofen, Diclofenac etc, as these can delay bone healing.** Patients who have had both the old open procedure and the new Minimally Invasive procedure find that pain is very much less after MI.

## Are there any other foot problems suitable for Minimally Invasive Surgery?

Yes. A range of other foot problems can be corrected by this type of approach. As with bunion surgery the advantages are with the reduced damage, swelling and complications.