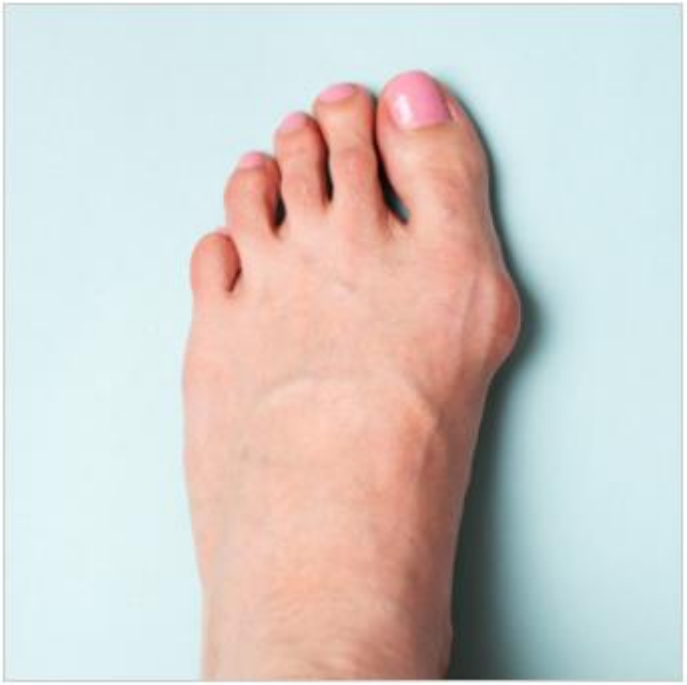
NIKHIL NANAVATI

Bunion (Hallux Valgus)



Introduction

This is an extremely common condition which can cause considerable pain. There are many theories as to why bunions develop including tight-fitting shoes, running in families (genetic) and having an inflammatory joint condition such as rheumatoid arthritis.

Treatment

The non-surgical treatments for bunion surgery do not treat the underlying causes but may provide symptomatic relief in some cases.

Brace supports: There are devices available which hold the big toe in a straighter position.

NIKHIL NANAVATI

Bunion (Hallux Valgus)

If considering surgery, the key to treating this condition is not only just removing the bunion but to ensure the biomechanics and alignment of the foot are restored to prevent recurrence. It is imperative that any treating surgeon understands the underlying causes for the bunion in the first place (as there are multiple factors) and only then can appropriate, patient-specific corrections be made. The aims of this surgery are to straighten the big toe, remove the painful bump (bunion) and to reduce pain.

Surgery – Toe straightening and removal of bunion: There are many techniques employed by surgeons to restore the biomechanics of the big toe however, some of these have more complications associated with them than others. It's important that your surgeon uses a robust technique that leave patients pain-free and happy with the shape of their foot at the end.

Surgery – Big toe fusion: If there is associated arthritis in the big toe joint then the surgeon would be doing a disservice to the patient by straightening the toe alone. The toe may be straight but patients would still have pain due to the arthritis. In these cases, a corrective fusion procedure may be required to realign the toe and prevent pain in the future. This would mean that patient would only have one operation rather than the risk of requiring a second. With a fusion procedure, the toe is fixed in a position that allows the majority of weightbearing activities including jogging and walking (sprinting is not advised). **The maximum size heel that can be worn after this procedure is one inch which is important for those still wanting to wear high heels.**

NIKHIL NANAVATI

Bunion (Hallux Valgus)

After the operation

Toe straightening and removal of bunion

Patients are provided with a heel weight-bearing shoe (i.e. can only walk on heels) for 6 weeks. The wounds are inspected at the 2 week mark and sutures removed. An X-ray is performed at the 6 week mark and if satisfactory, patients can mobilise in their normal footwear.

Big toe fusion

Patients are provided with a heel weight-bearing shoe (i.e. can only walk on heels) for 6 weeks. The wounds are inspected at the 2 week mark and sutures removed. An X-ray is performed at the 6 week mark and if satisfactory, patients can mobilise in their normal footwear.

Patients will also be provided with a personalised treatment plan following their individual operations.