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CAVO VARUS FOOT RECONSTRUCTION

INTRODUCTION

A cavo varus foot is characterised by a high arch, inverted heel and claw toes.

Cavo varus foot reconstruction surgery aims to realign the heel bone, decrease the height of the arch and improve tendon function.

THE SURGERY

Cavo varus foot reconstruction surgery involves a number of steps. These include:

- i. general anaesthetic, intravenous antibiotics.
- ii. incision along the outside of the foot.
- iii. realign the heel bone with a screw. (calcaneal osteotomy)
- iv. incisions along the top of the foot
- v. realign the 1st metatarsal with screws/staples/plates.
- vi. Tendon releases and/or transfers
- vii. Check x-ray.
- viii. Closure of wound with stitches/sutures.
- ix. Infiltration with local anaesthetic
- x. Application of plaster back slab.

RISKS OF SURGERY

All surgical procedures carry some risk. The risk of complications of cavo varus foot surgery is low. Some of the risks with surgery include:

- Infection
- Problems with wound healing
- Nerve injury causing numbness, tingling and/or pins and needles
- Scarring
- Deep venous thrombosis/pulmonary embolism (the risk of DVT increases with smoking, the oral contraceptive pill and hormone replacement therapy, immobility and obesity).
- Anaesthetic complication
- Drug allergy
- Ongoing pain

GUIDELINES FOR EXPECTED POST OPERATIVE RECOVERY

Keep dressings dry and intact until post operative appointment. Keep foot elevated as much as possible, especially for initial 72 hours.

Pain killers, antibiotics and clexane (to reduce the risk of DVT) may be required for up to 2 weeks.

Removal of plaster and stitches/sutures 10 – 14 days after surgery at the first post operative appointment.

Non weight bearing in plaster for first 2 weeks.

Short Aircast boot with partial weight bearing to 30 kgs for next 4 weeks.

Flexion and extension exercises from 2 weeks post operatively.

Recommencement of most activities: 12 weeks. Full recovery: 9-12 months.

Every patient's recovery is individual and depends on the severity of the injury and the complexity of the surgery.

ANY PROBLEMS

During office hours contact Dr Wines' office on (02) 9409 0500.

After hours please contact the hospital where your surgery was performed.