

# **DR ANDREW WINES MBBS FRACS (Orth)**

## **Adult and Paediatric Orthopaedic Surgeon**

### **Foot, Ankle and Trauma Surgery**

## **CAVOVARUS FOOT RECONSTRUCTION**

### **INTRODUCTION**

A cavovarus foot is characterised by a high arch, inverted heel and claw toes. Cavovarus foot reconstruction surgery aims to realign the heel bone, decrease the height of the arch and improve tendon function.

### **THE SURGERY**

Cavovarus 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 1<sup>st</sup> 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
- Further surgery

### **GUIDELINES FOR EXPECTED POST OPERATIVE RECOVERY**

Keep foot elevated as much as possible, especially for initial 72 hours.

Keep dressings dry and intact until post-operative appointment.

Xarelto tablets (to prevent deep venous thrombosis): 10-14 days.

Pain killers may be required: For up to 6 weeks.

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

Post-operative mobilisation:

- Non weight bearing in back slab 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.

Resumption 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 0563.

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