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**Foot, Ankle and Trauma Surgery**

**MINIMALLY INVASIVE HALLUX VALGUS SURGERY**

**INTRODUCTION**

A bunion (or hallux valgus) refers to an increase in the angulation of the joint at the base of the big toe (1<sup>st</sup> metatarsophalangeal joint). The cause of bunions is not fully understood, but there are a number of risks factors including family history, being female and certain types of shoes. Surgery, in the majority of cases, is an effective way to relieve the pain caused by bunions.

**THE SURGERY**

There are a number of different methods to correct bunions. Dr Wines uses a minimally invasive technique that involves re-aligning the bones on either side of the joint at the base of the big toe.

Corrective bunion surgery includes a number of steps. These include:

- i. general anaesthetic, antibiotics
- ii. four small incisions on top of the foot
- iii. realignment of 1<sup>st</sup> metatarsal bone (called a Chevron osteotomy) fixed in place with 2 screws
- iv. realignment of bone at the base of big toe (called an Akin osteotomy) fixed with staple.
- v. check x-rays
- vi. closure of wound with stitches and steri strips.

**THE RISKS OF SURGERY**

All surgical procedures carry some risk. The risk of complications with hallux valgus surgery is low. Some of the risks of surgery include:

- Infection
- Problems with wound healing
- Nerve injury causing numbness, tingling and/or pins and needles.
- Stiffness of joint at the base of the big toe
- Recurrence of the bunion deformity
- Deep venous thrombosis/pulmonary embolism. (The risk of DVT increases with smoking, the oral contraceptive pill and hormone replacement therapy, immobility and obesity).
- Anaesthetic complications
- Drug allergy
- Ongoing pain
- The forefoot can remain swollen after bunion surgery for a number of months.

**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. Removal of stitches/sutures: 10-14 days.

Pain killers may be required for up to 2 weeks. Antibiotics for up to 2 weeks.

Protected weight bearing:

- Post operative heel weight bearing shoe for 6 weeks

Return to most activities: 6 – 12 weeks.

Fully recovery: 3 - 6 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.