

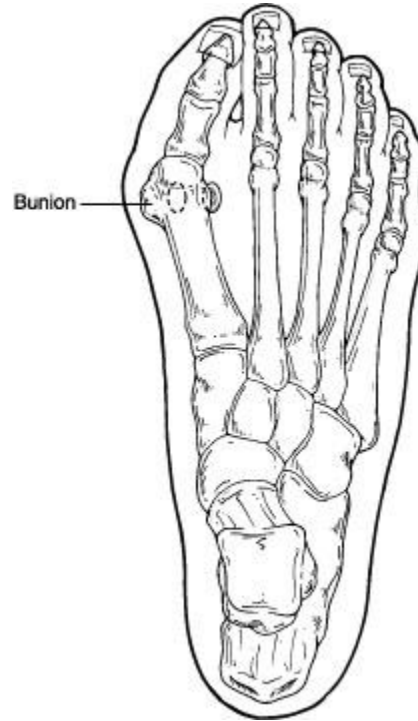
Bunion Surgery

What does bunion surgery do?

- Bunion surgery realigns the big toe joint, reducing pain and facilitating a comfortable walking pattern.

How is bunion surgery done?

- Bunion surgery is day surgery done either in a hospital or surgical center.
- Usually light sedation with local anesthesia (numbing of the foot) is used. In some cases general anesthesia can be used.
- An incision is made over the top of the big toe joint. The bony prominence on the side of the foot is removed. A cut is then made to realign the metatarsal. This is then fixated with screws or absorbable pins.
- Afterwards you're placed in a dressing and a walking boot and sent home with pain medication.
- Depending on the procedure you need determines your post op course.



What should I expect?

- The success rate of bunion surgery is 80-95%.
- Week 1 you will be expected to ice and keep the foot elevated. Minimal activity is allowed this first week.
- Weeks 2-3 sutures will be removed if necessary. You will also be fitted with a splint or go to physical therapy for range of motion exercises. This is very important as you do not want to develop a "stiff toe" joint.
- Week 4 if your x-rays show good healing you will be allowed to wear a sneaker.
- Week 5-7 you will be allowed to get back to low impact exercises (swimming, bike, light walking) as tolerated.
- Week 8 you can progress to more impact exercise and shoe gear as tolerated.
- Aching and swelling are common for 6-8 months after the procedure.