

PATIENT ADVICE SHEET

Foot and Ankle Centre

TAILORS BUNION SURGERY

Your surgery will be performed / supervised by a Podiatric surgeon who is not a medical doctor but a specialist in foot surgery and who is a Fellow of the Faculty of Surgery of the British College of Podiatry.

This is normally performed under local anaesthetic with an injection around the ankle. Most patients find this comfortable. The operation takes about 60 minutes although you will be at our theatre for about three hours in



total.

THE FIRST TWO DAYS

You will be able to stand and take weight (carefully) using crutches after the operation. You will need to rest up as much as possible. You should limit walking to going to the bathroom.

AFTER FOUR DAYS

Between four and six days you will have your first redressing appointment. The foot will be checked and redressed. You may well be given a less bulky dressing. We will advise you on increasing your activity.

You will still not be able to drive.

AFTER 12 DAYS

Between 10 - 14 days you will have the stitches taken out. This is not normally painful. You will be advised on gradually increasing your activity and gently exercising your toe at this time.

AFTER SIX WEEKS

Over the 4-6 week period after surgery, the foot gradually returns to normal and the swelling reduces. You may expect to return to work about this time. This will vary depending on your type of work and the amount of surgery required to correct your bunion etc.

AFTER SIX MONTHS

Any residual swelling should now be slight, if not completely resolved. You should be getting the full benefit of the surgery

WHAT ABOUT THE PIN / SCREWS IN MY FOOT ?

Normally the pins used to hold your bones in the correct position can be left in place. In about 5-8% percent of people however they cause some irritation and need to be removed. This is a much smaller operation than the bunion correction

COMPLICATIONS

No surgery can guarantee to be successful but the vast majority of people are satisfied with the outcome of their surgery. This information is designed to try and tell you about the more common complications relating specifically to this type of operation

- You may lose a some sensation around the operation site
- The foot will swell for a few months afterwards
- Sometimes the scar line is sore and more noticeable than normal. This will normally improve with time
- The deformity can reoccur.
- You may have some soreness under the joint afterwards, this does normally resolve with time and can be helped with an insole
- The joint can stiffen up sometimes and loose some movement
- If we use an implant these may have to be removed. This can be because you react to the implant material or because the implant fails.
- Pins and screws that are used may have to be removed at a later date.

This leaflet is intended as a guide only. Your own post-operative recovery may vary.

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