

HALLUX VALGUS (BUNIONS)

KEYHOLE SURGERY INFORMATION



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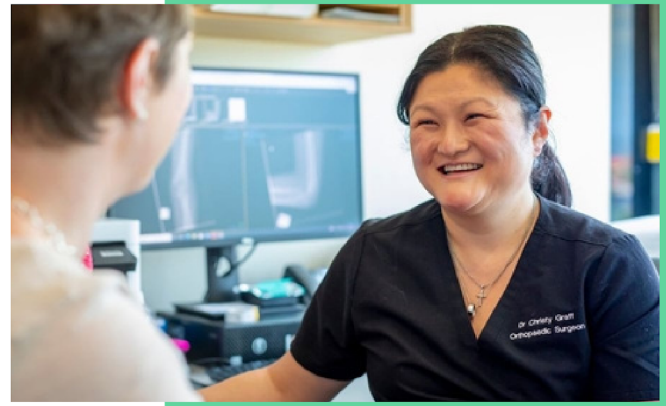
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THE SURGERY

- The surgery involves either several small incisions on the inside of the foot or one long incision. Dr Graff usually performs this surgery keyhole.
- The top of the bone near the bunion is cut and the bump is shaved off
- The top of the bone is shifted and held with 2 screws
- The bone in the toe (the phalanx) is usually cut and held with a screw
- Often the lesser toes (toes 2-5) may need a procedure as well



Diagram of a normal foot vs bunion



THE HOSPITAL STAY

- You wake up with bulky bandages and a post op Darco shoe.
- Your foot will be elevated overnight, and you have antibiotics through a drip (you may go home the same day if your surgery is in the morning).
- Depending on your medical conditions, you will either need aspirin or clexane injections to thin your blood for 6 weeks.
- You can walk on your foot the same day, but just for necessary things like going to the toilet. Otherwise, your foot will become too swollen and painful.

AT HOME

- You will need medications for pain relief; please take 2 panadol with meals and at night. The first night is often when the worst pain is experienced. Please take a stronger pain killer before you go to bed on the first night after surgery.
- You will need either aspirin or clexane for 6 weeks to prevent blood clots.
- Please leave all dressings intact until your appointment with Dr Graff.
- Dr Graff will see you at your post op appointment in 2-3 weeks where the wounds will be looked at and sutures removed/trimmed (absorbable sutures are often used).
- After this you will be able to shower normally and pat the dressings dry.

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REHABILITATION

*All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others. The rehab may also be slower if both feet have surgery at the same time.

0-2 Weeks	<ul style="list-style-type: none"> You can weight bear in your darco shoe, but only for essential activities such as getting food or going to the toilet Keep the dressings on at all times like a plaster. You can remove the darco shoe for sleeping and resting Pain relief: Please take regular Panadol with meals and before bed Please take aspirin 150mg daily with a meal for 6 weeks until mobile (or clexane injections)
2-3 Weeks	<ul style="list-style-type: none"> At your post op appointment with Dr Graff your dressings are changed and an xray is taken You can then shower (you may need a shower chair) and start range of motion exercises with physio You can start static strengthening and balance exercises with physio
6 Weeks	<ul style="list-style-type: none"> You will have an appointment with Dr Graff and an xray. You can wear normal shoes if your swelling is OK At 6 weeks, you may want to do physio if you are required to get back to sport/work

12 Weeks	<ul style="list-style-type: none"> You will have another appointment with Dr Graff and an xray You may be feeling more 'yourself' but you can continue to have swelling (especially at night) for several more months The final results of surgery are felt 4-6 months post operatively
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WHEN CAN I RETURN TO WORK/SCHOOL

- 3-4 weeks if your job requires seated work and you are able to drive (if you drive to work).
- 10-12 weeks if your job requires prolonged standing.
- 3-6 months if your job requires heavy labour.

WHEN CAN I DRIVE?

- 2-3 weeks if the surgery is on your left foot (after your appointment with Dr Graff).
- 6 weeks if surgery is on your right foot (when you are no longer in the boot).

RETURN TO SPORT

- 3 months but this is a transition; start with walks, then running, then training. You can be guided by your physio as to when your strength and range of motion is back to normal to return to competitive sport.

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WHAT CAN GO WRONG?

- Anaesthetic problems
- Under or over correction of the deformity
- Nerve injury
- Blood clots
- Infection
- Stiffness
- Recurrence
- Ongoing pain
- Further surgery

Please also see 'Hallux Valgus' Information sheet via Dr Graff's website.

CONTACT

If you want more information, or have any questions or problems, please contact Dr Graff on admin@christygraff.com or please call the rooms on **0493 461 133**