



What is wrong with my foot?

Your big toe has turned towards your second toe causing a large bony bump to stick out at the side of your foot. This bump may have become red and sore and is known as a 'Bunion'. Sometimes the second toe also changes position and lies above or below the big toe. The Lapidus fusion is recommended for severe bunions or arthritis in the mid-foot.

Why has this happened?

Bunions are usually familial and more common in females. Wearing shoes that are too tight or being flat footed may also contribute to the formation of a bunion and make them more painful. Arthritis can develop at this joint for various reasons.

Do I have to have an operation?

Pads, splints, foot orthoses and special shoes can be used to provide comfort but will not straighten the toe. If the bunion or the joint are still uncomfortable despite these measures then an operation will usually be recommended.

What will the operation involve?

The operation involves removing a wedge shaped section from a joint and fusing the two bones together which makes the big toe straight. Tissues that are too tight around the big toe joint are released and those that are too loose tightened. The bony bump on the side of the toe will also be removed. Sometimes a small fracture is also created to one of the small bones in the big toe. This fracture and the fusion are held in place with screws &/or a plate, which are not removed unless they cause problems. The surgery is performed under general or local anaesthetic. The foot will be heavily bandaged after the operation and your leg will be placed in a cast.

How successful is the operation?

Our most recent independent audit found that 93% of people are very satisfied with the results of their foot operation. This was for a wide range of foot and ankle procedures. Patients following bunion correction are usually very satisfied as they are able to wear normal shoes again comfortably.

**INFORMATION FOR
PATIENTS HAVING
BUNION SURGERY
(LAPIDUS FUSION)**

Are there any risks associated with the operation?

As with all operations there are risks associated with the anaesthetic and surgery. Occasionally some patients may have complications such as infection, prolonged swelling, or non-union of the fusion site or recurrence of the deformity. Sometimes the big toe is stiffer than before. Following surgery it takes the foot a good 6-9 months to fully settle down.

What will happen after the operation?

The operation is usually day case but you may need to stay overnight in hospital and Mr Yates will discuss this with you. You will be given crutches (and shown how to use them) as you are not supposed to put any weight on the operated foot for 2-6 weeks.

What happens when I leave hospital?

For the first 48 hours you will rest in bed with your legs elevated and should take the painkillers prescribed for you. You will be asked to do some foot and leg exercises during this time. The plaster cast will be left on for 2-6 weeks. You will be given an Outpatients appointment to return to have the bandages and cast changed at 2 weeks. You will be able to return to work from 2-12 weeks after the operation, depending on whether you need to stand or walk around a lot for your job. It is not recommended to drive until you come out of plaster.

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