



## INFORMATION FOR PATIENTS HAVING BUNION SURGERY (CHEVRON OR SCARF OSTEOTOMY)

### What is wrong with my foot?

Your big toe joint has moved out of alignment causing the toe to turn towards your second toe and a 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 deformity progresses with time.

### 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.

### 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 or slow the progression of the deformity. If the bunion and big toe are still uncomfortable despite these measures then an operation will usually be recommended.

### What will the operation involve?

The operation will involve re-aligning the joint by breaking the bone behind and sometimes in front of the big toe joint and moving them into a straighter position. Tissues that are too tight around the joint are released and those that are too loose tightened. The bony bump on the side of the toe will also be removed. The fractured bone(s) are held in place with screws, which are not removed unless they cause problems which is rare. The surgery is performed under general or local anaesthetic. The foot will be heavily bandaged after the operation.

### 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 surgery are usually very satisfied as they are able to wear normal shoes again comfortably.

### 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 recurrence of the condition. Sometimes the big toe is stiffer than before. Following surgery it takes the foot a good 3-6 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. Mr Yates will discuss this with you. You will be given a special shoe to wear over your bandages and you must wear this whenever you want to walk. The shoe must be worn for 4 weeks. You do not need to use crutches.

### 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 exercises during this time. The bandages will be left on for 4 weeks with a dressing change at 1 and 2 weeks after surgery. Check x-rays are performed 4 weeks after surgery. You will be able to return to work from 2-8 weeks after the operation, depending on whether you need to stand or walk around a lot for your job. You will not be able to drive until you come out of the post-operative shoe.

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