

You may have numbness around the scar which may improve with time.

Remember that it can take many months for a foot to fully recover from bunion surgery, particularly from the swelling.

Follow-up

An appointment will be booked for you to be seen in Outpatients in two weeks' time.

Any complaints or comments?

If you have any complaints or comments please contact the Doctors or Nurses straightaway.

Contact Numbers

Day Surgery Unit Pilgrim Hospital	01205 445364
Day Surgery Unit Lincoln Hospital	01522 573144
Day Surgery Unit Grantham Hospital	01476 464408
Day Surgery Unit Louth Hospital	01507 600100

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk



Hallux Valgus (Bunion) Surgery

Department of Orthopaedics

www.ulh.nhs.uk



Aim of the leaflet

This leaflet aims to provide information to patients who require surgery to remove a bunion. It will explain what will happen and what to expect after your surgery.

What is it?

A bunion or Hallux Valgus is a deformity of the big toe. The tip of the big toe tilts over towards the other toes and a bony lump forms on the inside of the toe joint.

What does treatment involve?

Small bunions may be quite comfortable in flat, wide, well-fitting shoes. Pads can be obtained to cushion the bony lump and prevent pressure from the shoe. However, if these do not relieve the discomfort, an operation can correct the deformity.

What does surgery involve?

Osteotomy involves the removal of the bony prominence, followed by reshaping of the toe bones to correct the deformity.

After your operation

Pain Relief

This operation is potentially painful. You will have local anaesthetic injected into the toe during your operation. You will be provided with painkillers to take home. Please take your first dose before the local anaesthetic wears off and then regularly over the next few days, even if you feel no pain.

Care of dressings

Keep your bandages intact, clean and dry until your follow-up appointment. You may walk on your foot, putting weight through

the heel only. Use the protective overshoe provided. You will be provided with crutches to aid walking if required. Keep your foot rested up whenever possible to keep swelling down.

Stitches

If they are not the dissolving type, your stitches will be removed at your follow-up appointment.

Driving

If you have a manual car you will not be able to drive for six weeks. If you drive an automatic car and your left foot has been operated on you may drive after two weeks.

Work and activity

If you are able to get to work without driving and can perform your job with minimal strain on your foot then you may return when you are comfortable. Your doctor can provide you with a certificate for time off work if required.

Potential risks and complications

There is a risk of bleeding or infection from the wound site. If your wound bleeds through the bandage or you notice an unpleasant smell or discharge, see your GP as soon as possible.

The big toe may be stiffer than before. In most cases this is not noticeable but it may be important for individuals who do sports or dancing.

There is a small risk that discomfort in the ball of the foot (metatarsalgia) may occur or become worse after surgery. Shoe inserts can usually relieve this discomfort.

There is a very small risk that the toe may gradually return to its pre-operation position, perhaps many years later. This may become bad enough to require further surgery.