

Ten Important Questions about the Hallux Valgus Operation (Bunions)

During the course of our consultations, we have noticed that many patients ask the same questions regarding Hallux Valgus operations (bunions). For your convenience, we have listed the ten most frequently asked and important below. We hope you find the information useful.

1. How soon after the operation can weight be put on the foot again?

By wearing a special rigid-soled shoe, the foot can usually be used almost immediately after the operation, without the need for crutches.

2. How does this special shoe work?

The shoe has a rigid sole. By being 'unyielding', the shoe prevents the foot from bending and holds it in position during the early post-operative phase. This is how the foot is protected without the need for crutches.

3. How much time should be left between an operation on one foot and an operation on the other?

At least three months should be left between procedures..

4. Can the bunion return again, even after a successful operation?

This eventuality is highly improbable.

5. Can regular footwear be worn again after the operation?

When the special rigid soled shoe is no longer necessary (after approx. five weeks), normal shoes can be worn again.

6. If only one foot is affected, what can I do to help the good foot remain unaffected?

Bunions are known to be caused by wearing shoes that are narrow and have high heels, so these type of shoes should be worn as little as possible.

Surgical Correction of Hallux Valgus - at a glance

Length of procedure:

- Approx. 45 minutes

Postoperative Care:

- Specialized foot wear for 4 weeks
- Patients unable to work for 2-4 weeks
- Avoid extreme sport activities for 6 weeks

Anesthesia:

- Usually regional anesthesia (occasionally general anesthesia)

In-patient stay:

- 2 days

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7. After a Hallux Valgus operation, can sports activities such as jogging, or dancing, be resumed in the future?

Yes, patients can resume all the usual sporting activities.

8. Is a general anaesthetic needed in all cases for the operation?

In consultation with the anaesthetist a local anaesthetic in the lower leg can sometimes be sufficient. Sometimes even a so called 'foot block' is sufficient. This is where a local anaesthetic is injected directly above the ankle-joint. The patient remains awake and the foot is completely anaesthetised.

9. What is the difference between the Erich-Lexer-Clinic's operation method compared to conventional operations?

With our method, the joint is preserved and maintained – by comparison, conventional methods can often impair the joint. The wrongly positioned bone is repositioned correctly and permanently.

10. Does the operation also correct 'splayed foot', or is a separate procedure needed for this?

By correcting the Hallux Valgus, the splayed foot is narrowed at the same time.