# BUNION SURGERY

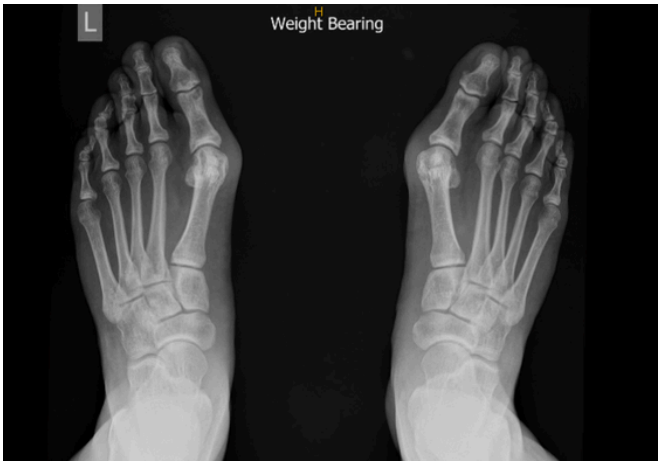
## SURGERY INFORMATION


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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 wth 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 a rod or 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




Pre operative xray of bunions of both feet

## THE HOSPITAL STAY

- You will wake up with bulky bandages and a **Darco shoe**
- Your foot will be elevated overnight, and you have antibiotics
- ·You can walk on your foot the same day, but just for necessary things like going to the toilet. Otherwise, your foot will become swollen and painful
- You will need to take blood thinning medication to prevent DVT and vitamin C to help with pain and wound healing
- You will likely be in hospital overnight

## WHEN YOU GO HOME

- You will need **medications** for pain relief; regular paracetamol (2 tablets four times a day) is recommended, as well as strong pain killers, especially at night before bed. These can have side effects of drowsiness, nausea and constipation, and other tablets to help with these side effects may be required.
- You will need to take **antibiotics, blood thinners and vitamin C** 1g daily as prescribed
- You will need a shower chair and bags to keep the dressings dry for the first 2-3 weeks
- Please leave all dressings intact until your appointment with Dr Graff
- You will need to wear the Darco Shoe for walking but can remove for sleeping
- You will need to attend your **post op appointment** in 2-3 weeks where the wounds will be checked

# BUNION SURGERY

## REHABILITATION

**All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others.**

| | |
|---|---|
| **0-3 weeks** | • You will be in a darco shoe for walking; you can remove it for sleeping, resting and showering<br>• You can weight bear in the Darco shoe but only for essential activities such as getting food or going to the toilet<br>• You will need to keep the dressings intact unitl the post op reviiew<br>• You will need to bag the foot for 2 weeks and keep the dressings in tact; you may need a shower chair<br>• **Pain relief:** Please take regular paracetamol with meals and before bed; stronger pain killers are often needed, especially before bed<br>• Please take **antibiotics, blood thinners** and **vitamin C** as prescribed |
| **2-3 weeks** | • **Post op appointment for wound check and xrays**<br>• After this, showering is allowed (you may still benefit from a shower chair)<br>• You will need to continue walking with the Darco Shoe but can remove it for showering and walking<br>• Physiotherapy can commence for range of motion exercises and static strengthening |
| **6 weeks** | • Commence **normal shoe wear** if swelling allows this<br>• Swelling may persist for up to 6-9 months<br>• Increase strengthening and range of movement with **physiotherapy** |
| **3 months** | • You may continue to have swelling for several more months<br>• The final results of surgery are felt 6-12 months post operatively |

## WHEN CAN I RETURN TO WORK?

- Seated work at 2-4 weeks
- Prolonged standing 12 weeks
- Heavy labour work 4-6 months in supportive shoes/boots

## WHEN CAN I DRIVE?

- Left foot:  2-3 weeks (if driving an automatic car)
- Right foot: 4-6 weeks

## WHAT CAN GO WRONG?

- Anaesthetic problems
- Wound/scar problems
- Blood clots
- Infection
- Ongoing pain/swelling
- Chronic regional pain syndrome
- Nerve/vessel/tendon damage
- Nonunion (the bones do not heal)
- Malunion (the bones heal in the wrong position)
- The need for further surgery

## CONTACTS

If you have any questions or problems, please contact

- **Admin staff** on **0493 461 133** or email **admin@christygraff.com** for a message to Dr Graff
- **Nurse** on **0434 852 646** or email **nurse@christygraff.com** or  for wound problems or post op concerns
- **Jarrod Hales (podiatrist) BackRoad Health** on **0485676821** or **admin@backroadhealth.com.au** if you are doing you post operative rehab with Jarrod