

Hallux Valgus (Bunions) - A Patient Guide

What Happen After Surgery?

Dr. Defrino's evidence based Hallux Valgus Surgery Post-Operative Rehabilitation Guide explains this in detail.

What Are The Risks Of Bunion Correction Surgery?

Although most surgery is complication free, there are risks involved. Below lists the most common first.

Stiffness of the big toe joint-It is likely you will lose some movement long term with open surgery, however with minimally invasive surgery, this is much less likely. By following Dr. Defrino's post-operative rehabilitation guide, stiffness can be minimized.

Swelling-Your foot will remain swollen for 6 months to 1 year after surgery, but will eventually resolve. It is important to elevate your foot as per Dr. Defrino's post-operative instructions, to minimize this. You will not be able to get into your normal shoes until 4-6 weeks after surgery and even then they may need to be loosened.

Nerve Injury-This may lead to a permanent numb area on the toe which is not painful.

Infection-Despite thorough cleaning before surgery and antibiotics, wound redness and pain may occur, although uncommon. This should be dealt with urgently.

Under Correction-Sometimes the deformity is not corrected to your satisfaction, e.g. not straight enough. This rarely requires further intervention.

Over Correction-Rare, but problematic and may need further surgery.

When Can I Return To Work After Surgery?

This will depend on the type of work you do:

Sedentary jobs: Return to work after 2 weeks, if able to maintain foot elevated at level of waist, otherwise 4 weeks off

Standing/walking jobs: Return after 6 weeks, but may be sooner depending on comfort and swelling

Manual/laboring jobs: Return after 6-8 weeks, but may be sooner depending on comfort and swelling

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When Can I Drive After Surgery?

You need to be able to control the vehicle in an emergency. Can You stamp your foot down on the ground? For left sided surgery and no clutch required, driving is probably safe at 1-2 weeks post operatively. For right sided surgery, driving is probably safe at 6 weeks post operatively, once in a normal shoe. If you are unsure, please ask Dr. Defrino.