

There is no “Quick Fix” when it comes to Successful Bunion Surgery (Part II)

If you have pondered the prospects of having surgery to correct those painful bunions DO NOT FEAR. With the right know-how and with the right technology the success rate for bunion surgery, if done properly, is very high.

BUT, beware the “quick fix” solutions that promise little to no recovery or time off.

Last week, I made a few points about correcting bunion deformities for those who have already had unsuccessful bunion surgery. Although, no surgery is without risk, bunion surgery shouldn't be a nightmare process.

As bunion deformities are a joint problem, in order to have the best outcome from bunions surgery, your surgeon must address the source of the problem by realigning the toe joint, and this requires about eight weeks of recovery and rehabilitation in most cases.

There's no quick fix. Those who opt for simpler techniques to remove the bump eventually will experience bunion recurrence.

Most horror stories often heard about poor bunion surgery outcomes are attributable in part to:

- Patients deciding to have the bump removed rather than undergo the more extensive joint realignment techniques.
- Poor surgical technique due to inexperience with bunion surgery
- Patients resuming normal activity too soon after the operation or not following post-surgical care instructions from the doctor.

Less than five percent of joint alignment surgeries to correct bunions need to be redone. Once the problem goes beyond bump pain, untreated bunions are prone to arthritis. This causes the joint's cartilage to deteriorate, leaving it permanently damaged and resulting in pain and limited range of motion. At this stage, the big toe joint must be replaced or fused in many cases.

While joint realignment is the best long-term solution to the problem, it takes up to a year for the patient to recover completely with full correction. For many, it can be a long process, but it's worth it to avoid the downstream problems of untreated or incorrectly treated bunions.