

SIMPLER BUNION SURGERIES RECOMMENDED FOR ADVANCED CASES

A surgical procedure used for treatment of mild-to moderate bunions also can be performed successfully to correct severe bunions, according to new research.

A recent study evaluated 38 severe bunion cases and showed that outcomes of a simpler surgical procedure are comparable to those of more radical surgeries normally performed on patients with advanced bunion deformities. Further, the post-operative recovery period and complication risks are significantly reduced with the simpler surgery.

Older patients who have bunion surgery might not be able to function well on crutches, especially if they are not permitted to put weight on the foot, which is normal after surgery to correct a severe bunion

The simpler procedure, known as a distal chevron osteotomy, enables patients to bear weight and become ambulatory much earlier than more complex bunion procedures, which require casting and long periods on crutches.

Often, older patients are those that suffer the most from foot pain and a wider utilization of the simpler bunion procedure could be helpful in convincing patients to undergo surgery with assurances that the desired correction can be achieved without prolonged activity restrictions. Also, proper treatment of bunions helps prevent future onset of arthritis.

Research clearly shows that we can safely use the more patient-friendly procedure for patients with severe bunions as well as for those with mild to moderate cases.