

## Post-Operative Care for Bunion Surgery Patients

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### ABOUT THE STUDY

Bunion surgery, also known as bunionectomy, is a surgical procedure performed to correct a bunion, which is a bony bump that forms at the base of the big toe. Bunions can cause pain, swelling, and deformity of the foot, making it difficult to wear shoes or walk comfortably. Bunion surgery aims to relieve these symptoms and improve the appearance of the foot.

### Types of bunion surgery

There are several types of bunion surgery, and the choice of surgery depends on the severity of the bunion and the patient's overall health. The most common types of bunion surgery include:

**Bunionectomy:** This is the most common type of bunion surgery, where the surgeon removes the bony bump from the base of the big toe and realigns the bones of the foot. This surgery may involve cutting and realigning the bones or removing a portion of the bone.

**Osteotomy:** This surgery involves cutting and realigning the bones of the foot to correct the bunion. The surgeon may use screws, wires, or plates to hold the bones in place until they heal.

**Arthrodesis:** In this surgery, the surgeon fuses the bones of the big toe joint to correct the bunion. This surgery may be recommended for severe bunions or for patients who have arthritis.

**Exostectomy:** This surgery involves removing the bony bump from the base of the big toe, but without realigning the bones of the foot. This surgery is usually recommended for patients with mild bunions.

### Procedure

Bunion surgery is usually performed under local anesthesia or general anesthesia, depending on the patient's preference and the surgeon's recommendation. The surgery typically takes one to two hours to complete, depending on the type of surgery.

During the surgery, the surgeon makes an incision on the side of the foot near the big toe joint. The bony bump is then removed,

and the bones of the foot are realigned, if necessary.

After the surgery, the incision is closed with sutures, and a bandage is applied to the foot. The patient may need to wear a special shoe or cast to protect the foot and promote healing.

### Risks and complications

Like any surgery, bunion surgery carries risks and complications. Some of the common risks include:

**Infection:** There is a risk of infection at the site of the surgery, which can be treated with antibiotics.

**Bleeding:** There may be some bleeding during or after the surgery, which can be controlled with pressure or medication.

**Nerve damage:** There is a risk of nerve damage during the surgery, which can cause numbness or tingling in the foot.

**Recurrence:** There is a risk of the bunion returning after surgery, especially if the patient does not follow proper post-operative care.

**Pain and swelling:** The patient may experience pain and swelling in the foot after surgery, which can be managed with medication and rest.

### Recovery

The recovery time after bunion surgery varies depending on the type of surgery and the patient's overall health. In general, the patient can expect to be off their feet for a few days to a few weeks after surgery.

During the recovery period, the patient should keep the foot elevated to reduce swelling and avoid putting weight on the foot. The patient may need to wear a special shoe or cast for several weeks to protect the foot and promote healing.

The patient should also follow the surgeon's instructions for post-operative care, which may include taking medication for pain and swelling, keeping the incision site clean and dry, and attending follow-up appointments with the surgeon to monitor the healing process. Physical therapy may also be recommended

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to help the patient regain strength and range of motion in the foot after surgery. It is important for the patient to follow all post-operative instructions and attend all follow-up appointments to ensure proper healing and prevent complications.

Bunion surgery is a common procedure performed to correct bunions and relieve symptoms such as pain, swelling, and deformity of the foot. There are several types of bunion surgery,

and the choice of surgery depends on the severity of the bunion and the patient's overall health.

Like any surgery, bunion surgery carries risks and complications, but these can be minimized with proper pre-operative preparation and post-operative care. With proper care and follow-up, most patients can expect to experience significant relief from bunion symptoms and an improvement in the appearance of their foot after surgery.