

Bunion Surgery

Patient Information

Musculoskeletal Services

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your health,
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What is a Bunion?

A bunion occurs when the big toe begins leaning over towards the middle of the foot and 2nd toe, causing a bony lump to develop on the base of the big toe. The lump can become swollen and painful. The cause has been linked to ill fitting footwear or a family tendency to bunion formation.

Treatment options for Bunions

Treatment will depend on the amount of discomfort the bunion is causing. Initially a change in footwear to accommodate the bunion properly i.e. flat, wide fitting shoes that have a strap or laces and can be adjusted to fit accordingly. Bunion pads to protect the bunion from friction damage and painkillers to relieve the pain. In severe cases an operation to remove the bony lump and straighten the big toe by inserting wires or screws. In some cases a total replacement of the big toe joint may be necessary.

The doctor will discuss the treatment options with you. If you are unsure about the suggested treatment please discuss your concerns with a member of the healthcare team.

Benefits of Surgery

Following surgery your toe should be in a better position, therefore foot wear should be more comfortable.

Pain over the area should no longer be a problem.

About the operation

The operation can be performed on a day case basis, so you can go home on the day you have your operation, unless the doctor advises you to stay longer. You will be given an anaesthetic that will send you to sleep for the duration of the operation. There are different types of anaesthetic available and the doctor will discuss the options with you prior to the operation.

The surgeon will make an incision (cut) to the side of the affected foot. Other incisions may be required depending on the operation you are to have. The skin will be closed using stitches and a bulky dressing and bandage will then be placed on your foot.

After the operation

- ❖ You will spend a short time in the recovery area of the operating theatre, and then you will be taken back to the ward.
- ❖ Your foot will be raised while you are in bed to reduce the swelling that may occur. Continue to keep your leg in a raised position when you are sitting down or lying in bed for at least a week following surgery.
- ❖ You may have some discomfort following the operation so painkillers will be given to relieve your pain.

- ❖ Your stitches will be removed by the district nurse 10 to 14 days after the operation.
- ❖ You will be given a special shoe to wear to help your foot heal properly. This should be worn for about 6 weeks
- ❖ An appointment will be made for you to return to out patient clinic to check that your foot is healing properly.
- ❖ More detailed information and ward contact telephone numbers will be given to you before you go home.
- ❖ Your surgeon, GP, physiotherapist will be able to advise you when to return to normal activities.

Complications

As with all operations complications can occur, some are minor; some in rare cases can be serious and life threatening.

Specific complications of this operation include stiffness in the joints of the toe, damage to the nerves in your foot, pain in the ball of the foot, bunion recurrence.

General complications of surgery include excessive bleeding, infection, excessive scarring over the wound site,

The doctor will discuss the risks involved to you before the operation.

If you are worried or unsure about your treatment or the risks involved with your operation, please discuss this with a member of the healthcare team or telephone:

Wrightington Hospital

D Ward 01257 256269

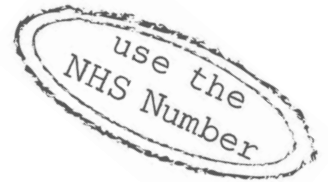
Ward 1 01257 256541

Research

Research is undertaken to add to the existing scientific knowledge on a particular subject. There are a number of staff within the Trust who conduct Research studies. It is possible that during the course of your treatment you may be asked to take part in a research study, however, you do have the right to refuse, and this will not affect the care that you receive.

Your NHS Number, Keep it Safe.

Every person registered with the NHS in England and Wales has their own unique NHS Number. It is made up of 10 digits for example 123 456 7890.



Everyone needs to use the NHS Number to identify you correctly. It is an important step towards improving the safety of your healthcare.

Always bring your NHS number with you to all hospital appointments or quote it if you need to telephone the hospital for any enquires. This will allow staff to check that they have the right patient details by checking this against your NHS number.

To improve safety always check your NHS Number on correspondence the NHS sends to you.

Ways of finding out your NHS Number

If you do not know your NHS number, contact your GP or local Primary Care Trust. You may be asked for proof of identity, for example a passport or other form of identity this is to protect your privacy.

Once you have obtained your NHS Number write it down and Keep it Safe

My NHS Number

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Data Protection

The Trust will endeavour to ensure that your information remains secure and confidential at all times. The Data Protection Act 1998 explains how personal information should be processed and this applies to all information whether held on paper or electronically on computer systems. We must ensure that all personal information is processed fairly, lawfully and as transparently as possible so you:

- Understand reasons for us processing your personal information
- Give your consent for the disclosure and use of information where necessary
- Gain trust in the way we handle your information
- Understand your rights regarding the right to request access about the information we hold about you.

The Caldicott Guardian, who is a senior health clinician, has the role to ensure we meet the highest standards for handling personal information at the Trust.

For further information regarding data protection, please read our leaflet called "Protecting Your Data - How we use your health records" or visit the Information Governance pages on the Trust website.

Patient Relations

The Patient Relations Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers. We will do our best to help you to resolve any concerns you may have about the care you received. We can also give you information on the services provided by the Trust.

If you have a concern or there is a problem, the best way to get it resolved is usually to tell someone there and then. On a ward, talk to the sister or charge nurse on duty. In a clinic, talk to the receptionist or one of the nursing staff. If you want to talk to a senior manager or to someone who has not been directly involved in your care and treatment, we can usually arrange this during office hours. You can also ask to speak to a member of the Patient Relations Department.

Staff in any ward or department will be able to contact a member of the team for you or you can telephone 01942 822376. The Patient Relations Department is open Monday to Friday between 9:00 am and 4:00 pm. Outside of these hours there is an answer-phone service.

If you wish to make a formal complaint you can telephone or write to:

The Patient Relations Manager
Wrightington Wigan and Leigh NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN
Tel: 01942 822376

This leaflet is also available in audio, large print, Braille and other languages upon request. For more information call 01942 773106.

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