

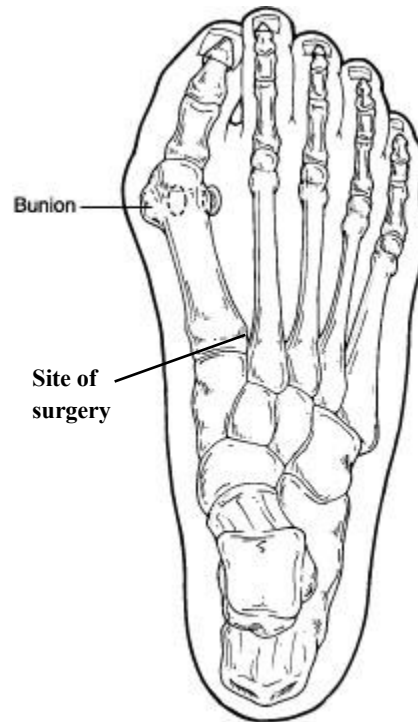
## Lapdius/Proximal Bunion Surgery

### What does bunion surgery do?

- Bunion surgery realigns the big toe joint, reducing pain and facilitating a comfortable walking pattern. Because the more severe deformity or hypermobility of the foot a more aggressive bunion is indicated.

### How is bunion surgery done?

- Bunion surgery is day surgery done either in a hospital or surgical center.
- Usually light sedation with local anesthesia (numbing of the foot) is used. In some cases general anesthesia can be used.
- An incision is made over the top of the big toe joint extending down to the midfoot area. A cut or fusion is performed to realign the metatarsal. This is then fixated with screws and/or a plate.
- Afterwards you're placed in a dressing and a splint or boot and sent home with pain medication.
- YOU CANNOT BEAR WEIGHT ON THE FOOT FOR THE FIRST 6 WEEKS POST OP.



### What should I expect?

- The success rate of bunion surgery is 80-95%.
- Week 1 you will be expected to ice and keep the foot elevated. Minimal activity is allowed this first week.
- Weeks 2-3 sutures will be removed if necessary. You will also be fitted with a splint or go to physical therapy for range of motion exercises. This is very important as you do not want to develop a "stiff toe" joint.
- Week 6 you may start to bear weight in the boot if x-ray results show good bone consolidation.
- Week 8 you can progress to a sneaker and nonimpact activity (swimming, biking, light walking).
- Week 10-12 increased activity as tolerated.
- Aching and swelling are common for up to 12 months after the procedure.