

# Micro-invasive way to banish those bunions

**B**UNIONS are a painful and unsightly problem that affects almost 85 per cent of women aged 45 and over. Many are driven to seek relief through surgery, but until now this has meant a lengthy recovery time, causing months of walking difficulties. But no longer. A new surgical technique gives hope to thousands of women who are enduring pain from bunions.

They are caused by excessive strain on the feet, often through work, sport or just wearing 'high heels from hell' that damage the feet.

If the deformity cannot be managed by using wider shoes and avoiding heels, the only solution is surgery. Until recently, this has involved pain and many weeks on crutches.

However, now there is a micro-invasive procedure available, that uses only local anaesthesia and is over in just two minutes.

Patients will be able to walk out unsupported except by specially fitted sandals. During the procedure the forefoot is anaesthetised, with or without



*Bunions: Before and after the op*  
Picture: EUROPEAN FOOT INSTITUTE

sedation. There is no further pain. A micro-incision is made just under the prominent bunion and then the metatarsal bone is separated with a special milling cutter. The big toe is then straightened and the arches are realigned

for comfortable walking.

A titanium wire is inserted next to the big toe to hold it in the correct position. The incision is closed by a single stitch.

A compression bandage remains in position for four weeks and special sandals give support and protection.

After four weeks, the wire is taken out and two weeks later the patient can wear trainers. Light physiotherapy will help the toes regain previous mobility.

To date, 8,600 patients have been treated using this technique with 97 per cent being very satisfied with the result. All can now wear any shoes they choose.