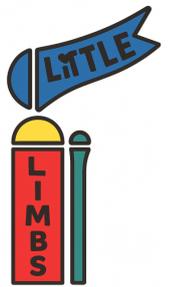


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BUNION (HALLUX VALGUS) CORRECTION

SURGERY

What is a bunion?

A bunion (medical term: **hallux valgus**) is a **bony bump** that forms at the base of the big toe. It happens when the big toe leans towards the second toe, pushing the joint outwards.

Bunions can cause:

- Pain when walking or wearing shoes.
- Redness, swelling, or calluses.
- Difficulty finding comfortable footwear.

When is surgery needed?

Bunion surgery may be considered if:

- Pain is severe and affects daily activities.
- Non-surgical measures (wide shoes, insoles, pain relief) have not helped.
- The bunion is worsening or causing problems with other toes.

What does surgery involve?

There are different types of bunion surgery. The surgeon will decide which is best for you depending on the severity of your bunion. Common techniques include:

- **Osteotomy:** cutting and realigning the bone.
- **Exostectomy:** removing the bony bump.
- **Arthrodesis:** fusing the joint (used in severe or arthritic cases).

The surgery is usually done under a general anaesthetic (you are asleep) or spinal anaesthetic (numb from the waist down).

Benefits of surgery

- Reduces or removes pain.
 - Straightens the big toe.
 - Improves ability to walk and wear normal shoes.
 - Prevents the bunion from getting worse.
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Risks and complications

As with all operations, there are some risks:

- Pain, swelling, or stiffness in the toe.
- Infection or wound healing problems.
- Numbness due to nerve irritation.
- Blood clots (rare).
- Recurrence of the bunion.
- Ongoing discomfort, especially with certain shoes.

Mr Tang will discuss your individual risk with you at the time of your consultation.

Recovery after surgery

- You may go home the same day or after an overnight stay.
 - Your foot will be in a **bandage or special shoe** for protection.
 - Keep your foot **elevated** as much as possible in the first 2 weeks.
 - Stitches are usually removed around **2 weeks** after surgery.
 - Walking is possible though limited – you may need crutches at first.
 - Most people return to normal shoes after **6–8 weeks**, though swelling may last for months.
 - Driving is usually possible after **6–8 weeks** (check with your doctor).
 - Full recovery may take up to **6–12 months**.
-

Everyday care after surgery

- Keep the dressing dry and intact for the first 2 weeks after surgery.
 - Elevate your foot to reduce swelling.
 - Take pain relief as prescribed.
 - Follow physiotherapy and exercise advice for movement and strength.
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Alternatives to surgery

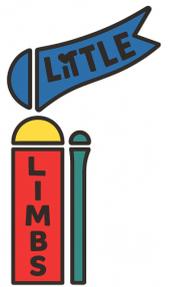
Not all bunions need surgery. Non-surgical options include:

- Wearing wider, comfortable shoes.
- Using toe spacers, bunion pads, or orthotic insoles.
- Taking simple pain relief (paracetamol, ibuprofen).
- Applying ice for swelling and pain relief.

These do not correct the bunion but may ease symptoms.

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Long-term outlook

Most people are satisfied with the results of bunion surgery.

- Pain usually improves significantly.
- The toe may not be perfectly straight but is usually much improved.
- In a small number of cases, bunions can return.

When to seek help after surgery

Contact Mr Tang's team on the details above if you notice:

- Increasing pain not relieved by medication.
- Redness, swelling, or pus around the wound.
- Fever or feeling unwell.
- Numbness or inability to move the toes.
- Sudden swelling or pain in the calf (could be a blood clot).

Frequently asked questions

Will I be able to wear high heels again?

You may be able to wear a wider range of shoes, but high heels may still be uncomfortable.

Can the bunion come back?

Yes, but this is less likely if you follow your surgeon's advice and wear suitable footwear.

Will both feet be done together?

Usually one foot is treated at a time, unless the surgeon advises otherwise.

If you have any further questions or concerns, book a consultation via the contact details above to discuss this further.