

What is forefoot surgery?

Forefoot surgery deals with forefoot deformations that can be followed by pain.

Foot conditions that can be treated through surgery:

- Hallux valgus (knots)
- Hallux rigidus (arthrosis)
- Deformations of the fifth toe (Tailor's bunion, quintus varus)
- Hammertoe (Hallux malleus)
- Metatarsalgias (foot pain), Morton's disease
- Rheumatoid foot
- Other congenital or acquired deformations

The most frequent forefoot surgical intervention deals with hallux valgus (knots).

Hallux valgus (knots)

Knots represent a growth under the skin of the first metatarsal, a normal bone that has progressively moved towards the medial part of the foot. This movement causes, in time, the movement of the hallux (the great toe) towards the neighbouring toes, which it pushes, thus progressively deforming them.



The surgical treatment of knots aims to provide the patient with an unpainful foot, without any deformities, which will lead to recovering the functionality and aesthetics of the foot.

The current surgical techniques are easy to tolerate and enable the patients to walk using support immediately after the surgery and to resume their daily activities shortly after. Through surgery, the orthopaedic surgeon realigns the hallux (the great toe) with the first metatarsal.

Planning the surgical treatment

Surgery is performed in turns on each foot, at a 6-7 weeks interval, since this is the most tolerable choice for patients.

The surgery is performed in an adequately equipped operating room, since it involves anaesthesia. The anaesthesia method is established during the pre-anaesthesia exam and it usually involves short-term general anaesthesia.

The patient will be hospitalised for 3 days for this surgical intervention. After the surgery, the entire staff of doctors, from the anaesthesiologist to the specialist, to the nurses and the orderlies will take care of you in order to insure a quick and safe recovery, with the view to resuming an active professional and personal activity. During this period you will receive constant assistance for your personal (hygiene, food etc.) and medical needs from the clinic's staff, without the need of a next of kin.

One of our main goals is to control the pain through constant epidural analgesia. This is a new and efficient method of protecting the patient. In this way, a surgery that is known to be painful is easily tolerated by the patient.

After surgery

The patient will be able to walk from the first day after the surgery. After discharge, the patients will return 2-3 times to our clinic in order to have their wounds dressed and after 10-14 days they will return to have their stiches removed. Patients will resume their normal activities after approximately 3 weeks. After the surgery we recommend that you wear comfortable shoes for about 4-6 weeks.

Complications

Even though these complications occur rarely, they still have to be mentioned: infection, recidivism, consolidation deficiencies. During the postoperative period, you should communicate with your attending physician and comply with the indications given by the orthopaedic surgeon, in order to reduce the possibility of complications.