Operation Information

**Hallux Valgus Corrective Surgery**

**Introduction**
Hallux is Latin for great toe and valgus is the Latin term for turning outwards. As the big toe drifts towards the second toe, a lump (bunion) appears at the base of the big toe. A bunion may be painful in itself but what is more common is further pain caused by pressure from shoes over the prominent area. This results in inflammation and increased pain.

**Outcomes**
The expected outcomes of this operation are to straighten the toe(s), narrow the forefoot and correct deformity in order to reduce pain. The exact procedures performed are individualised for each patient and the benefits also vary.

**Procedures**
1. Makes small cuts in the bones to realign the joint;
2. Fixes this new break with pins, screws, or plates;
3. The bones are now straighter, and the joint is balanced;
4. Wound are closed with stitches and padded with sterile gauze.

**Possible Risks and Complications:**
- Infection
- Bleeding
- Nerve injury
- Failure to relieve pain
- Failure of the bone to fully heal
- Stiffness of the big toe joint
- Recurrence of the bunion

**Pre-operative Preparations**
1. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
2. You should inform the doctor if currently taking any blood thinning drugs (e.g. Aspirin, Warfarin, Xarelto, Pradaxa) or Chinese medications that could affect blood clotting.
3. Food or drink should be avoided for at least six hours before the operation.
4. Nurse will supply a surgical soap to you for wash the surgical area.
5. You should change into a surgical gown after removing all clothing including undergarments, dentures, jewellery and contact lenses.
6. You should ensure your bladder is empty before the operation.

**Post-operative Instructions**

**General**
1. After general anesthesia, you may:
   - experience discomfort in the throat after tracheal intubation.
   - experience side effects of anesthesia including feel tired, drowsy, nausea or vomiting.
   Inform the nurse if symptoms persist or worsen.
2. You should inform the nurse of wound pain. Proper pain relief treatment by injection or oral medication may be prescribed by the doctor.
3. Your doctor will advise you for bear weight status and physiotherapy may be needed.

**Wound Care**
1. The wound is covered with a sterile dressing which must be kept clean and dry.
2. Keep your foot elevated as much as possible for the first few days after surgery, and apply ice pad as recommended by your doctor to relieve swelling and pain.
3. Crutch may be used in the early stages of recovery to aid mobility.

**Diet**
A normal diet may be resumed as instructed after recovery from general anaesthesia.

**Bearing Weight**
1. Your doctor will give you strict instructions about whether and when you can put weight on your foot.
2. A wedge shoe will usually be provided for you to wear following your operation. The shoe is designed so that all weight is taken through the rear of the foot. This shoe should be worn for six weeks or accordingly as your doctor’s advice.

**Advices on Discharge**
1. The wound must be kept clean and dry.
2. Do not wear fashion shoes until your doctor allows it. Be aware that your doctor may recommend that you never return to wearing high-heeled shoes.
3. You should immediately return to the doctor or hospital for professional attention in the event of persistent fever, shaking chills, persistent warmth or redness around the dressing, increased or persistent pain, especially a "sunburn" type pain, significant swelling in the calf above the treated foot, or develop shortness of breath and etc.
4. Any follow-up consultations should be attended as scheduled.
Should there be any enquiries or concerns, please consult the attending doctor. The attending doctor will be pleased to answer such enquiries and explain to you.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Consent Form Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification