



## 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.



Source:  
<https://varjesteg.se/wp-content/uploads/2023/09/Hallux-Valgus.jpg>

#### 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. The operation is performed under general anaesthesia.
2. Makes small cuts in the bones to realign the joint.
3. Fixes this new break with pins, screws, or plates.
4. The bones are now straighter, and the joint is balanced.
5. The wound is closed with sutures.

#### Possible Risks and Complications:

1. Wound infection
2. Wound bleeding
3. Nerve injury
4. Failure to relieve pain
5. Failure of the bone to fully heal
6. Stiffness of the big toe joint
7. Recurrence of the bunion

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

## **Pre-operative Preparations**

1. Good hygiene can prevent surgical wound infection.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia. Please inform doctor if you are taking medications that affect blood coagulation such as Aspirin, Warfarin, Xarelto or Pradaxa, nonsteroidal anti-inflammatory drug (NSAID) such as Ibuprofen, Naproxen and Chinese medication.
4. Nurse will supply surgical soap to you for washing the operation site as necessary.
5. No food or drink six hours before operation.
6. Please change into a surgical gown after removing all belongings including undergarments, dentures, jewellery and contact lenses.
7. Please empty your bladder before the operation.

## **Post-operative Instructions**

### **General**

1. After general anaesthesia, you may:
  - experience discomfort in the throat after tracheal intubation.
  - experience side effects of anaesthesia including feel tired, drowsy, nausea or vomiting. Inform the nurse if symptoms persist or worsen.
2. Please 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 an 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 per your doctor's advice.

## **Advice on Discharge**

1. The wound must be kept clean and dry.
2. A pair of shoes with a wide toe box to adapt all toes is needed. 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. Immediately consult your doctor or return to hospital for professional attention in the event of persistent or severe wound pain, especially a "sunburn" type pain, persistent warmth or redness around the dressing, significant swelling in the calf above the treated foot, or develop shortness of breath, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms, etc.
4. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

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.

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Compiled by Union Hospital Operating Theatre (OT) Governance 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

