RISKS AND COMPLICATIONS OF SURGERY

As with all surgical procedures, there is always a risk of complications; although possible risks and complications from most foot surgeries are rare. Foot Institute Surgeons will explain possible complications and alternative treatment options during the pre-operative exam. Patients are required to sign a consent form prior to the surgery indicating that the complications and risks associated with the surgery have been fully explained and understood.

The most usual complication patients experience from any given surgery is post-operative infection that although not common, can occur in some instances. As a precautionary measure, antibiotics will often be prescribed to help prevent the chance of a post-operative infection from occurring. Other complications may include prolonged swelling, more than expected pain, or a longer recovery time. Recovery time following any surgery is dependent on an individuals over-all state of health, constitutional make up, activity level and many other related factors. Other possible risks or complications specific to the surgery or the patient's individual condition will be noted on the patient consent form.

The vast majority of patients respond very well to surgery and progress rapidly. After surgery, patients will be closely monitored to help ensure a proper recovery and a positive outcome. Patients can expect to be seen on a weekly basis for a period of two to three weeks following surgery and then as directed depending on the procedure, the severity of the problem, and individual needs.

THE FOOT INSTITUTE

An Association of Doctors Specializing in the Medical & Surgical Treatment of the Foot and Ankle.

Edmonton Surgical Suite

Call **780-444-FOOT** (3668) to book an appointment

Edmonton Main Clinic
2308 96th Street NW
(780) 444-3668

SURGERY

Feet are remarkable pieces of engineering that take an enormous amount of wear and tear throughout an individual's life. Those with biomechanical faults such as pronation, supination, or those with other foot problems, accentuate this wear and tear on the feet. After a lifetime of use, these problems often result in structural foot deformities

At The Foot Institute, our philosophy is to first assist in correcting the underlying structural problems. Often this is done through functional, prescription orthotics which are generally effective in correcting many foot problems and relieving associated pain. If a patient does not respond adequately to conservative treatment or if a structural change has taken place, then surgery may be desired. Podiatric Surgeons have extensive surgical training which give them the experience necessary to perform surgery on those problems that are the best treated through surgical intervention. Our Philosophy is to exhaust all conservative options prior to surgery. Minimally invasive procedures such as ingrown toenails, wart removal or excision of skin lesions can be done in the clinic.

More extensive procedures such as bunions, hammertoes, neuromas, arthroplasties, tendon repairs and so forth will be performed at an accredited surgery facility.

Calgary Surgical Suite

Call **403-242-FOOT** (3668) to book an appointment

Calgary Main Clinic
#335, 40 Sunpark Plaza S.E.
(403) 242-3668

The Foot Institute maintains two accredited surgical suites, one in Edmonton and one in Calgary. Both surgical facilites are fully certified and accredited by the College of Podiatric Physicians of Alberta for most types of foot and ankle surgeries. Some of the more common problems we treat are:

- **Bunions**
- **Hammertoes**
- **Neuromas**
- **Arthroplasty**
- **Tendon Repairs**
- **Midfoot Fusions**
- **Exostectomies**
- **Ingrown Toenails**
- **Wart Excisions**
- **Corns & Callouses**

The Foot Institute Doctors who perform your surgery have completed residencies specializing in surgery and have performed hundreds of surgeries on the foot and ankle. They utilize many advanced surgical techniques so that patients generally are able to walk in and out of the surgical facility unassisted.

This is accomplished through the use of skilled and minimally invasive surgical techniques, anti-inflammatory medication, and ice packs that control swelling. In most cases, patients can return to a moderate activity level within a short period of time.

BUNIONS

Normal

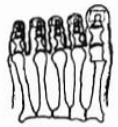
Bunion

Bunions are a bony prominence or bump on the medial side of the foot behind the big toe. They are usually produced over a period of time and by a combination of factors such as activity level, poor fitting shoes, foot structure, work related stresses and genetics. When a bunion becomes well formed, a fluid sac will often form between the bone and the skin overlying the bump. Once formed, pressure from the shoe will cause the sac to fill with fluid causing inflammation and pain. Doctors at The Foot Institute will generally prescribe functional orthotics to alleviate potential underlying problems that may have caused, or attributed to, the formation of the bunion. This is necessary so that following surgery the likelihood of recurrence is minimized. It will generally take the Surgeon approximately one hour to complete the surgery.

For more information visit our web site at
www.footinstitute.com

In a typical bunion procedure, Your Doctor will surgically remove the prominent part of the first metatarsal bone with or without cutting and repositioning the joint surface. Often, there is an increase in the angle between the first and second metatarsals which is adjusted by making a cut (often triangular) in the head of the first metatarsal bone. This allows Doctors to laterally shift the head of the first metatarsal which is then fixed into place by surgical screw(s) or pins.

Step 1



Step 2

Step 3

By utilizing this advanced procedure, patients are able to commence weight-bearing activities (i.e. walk) soon after surgery as weight actually compresses the bone together thus assisting in the healing process. Pain is usually minimal and by utilizing a post-operative shoe, most patients can resume moderate activities within a short time following surgery. Active individuals or those with occupations that require long periods of standing or walking, may require several weeks of inactivity prior to resuming regular activities.

HAMMERTOES

Hammertoes are caused when the muscles of the toes are no longer balanced due to muscle contraction – often as a result of a biomechanical fault. As soft tissue contracts, the underlying bone structure is changed causing friction or rubbing between the top of the toe and the shoe often causing corns. In time, toes lose their flexibility, joints fuse, and the toes become rigid, inflexible and painful.

Most causes of hammertoes can be treated with functional orthotics, but in cases where orthotic therapy is not effective, surgery may be necessary. In this surgical procedure, soft tissue that is causing the contraction is released and the involved joint is surgically remodeled to allow the toe to lay straight. The toe is then splinted or fixated in such a way that when the soft tissue heals, the toes remain in the proper position. One hammertoe procedure usually takes 30 minutes to complete.

Following surgery, functional orthotics are recommended to minimize the chance of a reccurrence. Patients can generally return to a moderate activity level within a short time following surgery.

NEUROMAS

Neuroma

Neuroma

Neuromas are a common and very painful problem presenting as burning, tingling, numbness or shooting pain that radiates from the ball of the foot and extends most often to the 3rd and 4th toes. Gait or structural problems often cause pressure in the ball of the foot, which often injures or bruises the protective covering of the nerve. Once injured, a process called fibrosis or scarring occurs and the protective covering becomes enlarged.

Orthotic therapy is often effective in reducing stress on the area and minimizing discomfort, but will not always solve the problem if matters have progressed such that scar tissue surrounding the nerve is too enlarged. In this instance, surgical intervention is necessary to remove the neuroma and can offer permanent pain relief.

Surgery for neuromas can be done from either the top or the bottom of the foot and involves a small incision. As this surgery involves only soft tissue, most people have minimal pain and discomfort following surgery.

Step 1

Step 2

Step 3