

What to expect

Expected hospital stay:

2–3 nights. You are discharged when you are confident and comfortable.

Anaesthetic:

A combination of an ankle block and general anaesthetic is used for the surgery.

Can I walk?

You may not put any weight on your operative foot, however you may use crutches, frame or wheelchair, but you must rest and elevate your foot (23 3/4 hours a day) for 1-2 weeks after the procedure.

Can I shower?

You may shower but keep your cast and dressing dry & intact.

How long does the postoperative cast stay on?

The first cast remains on for 1-2 weeks after the surgery. After this time the cast is replaced with a light weight fibre glass cast for a further 5-6 weeks.

When can I walk?

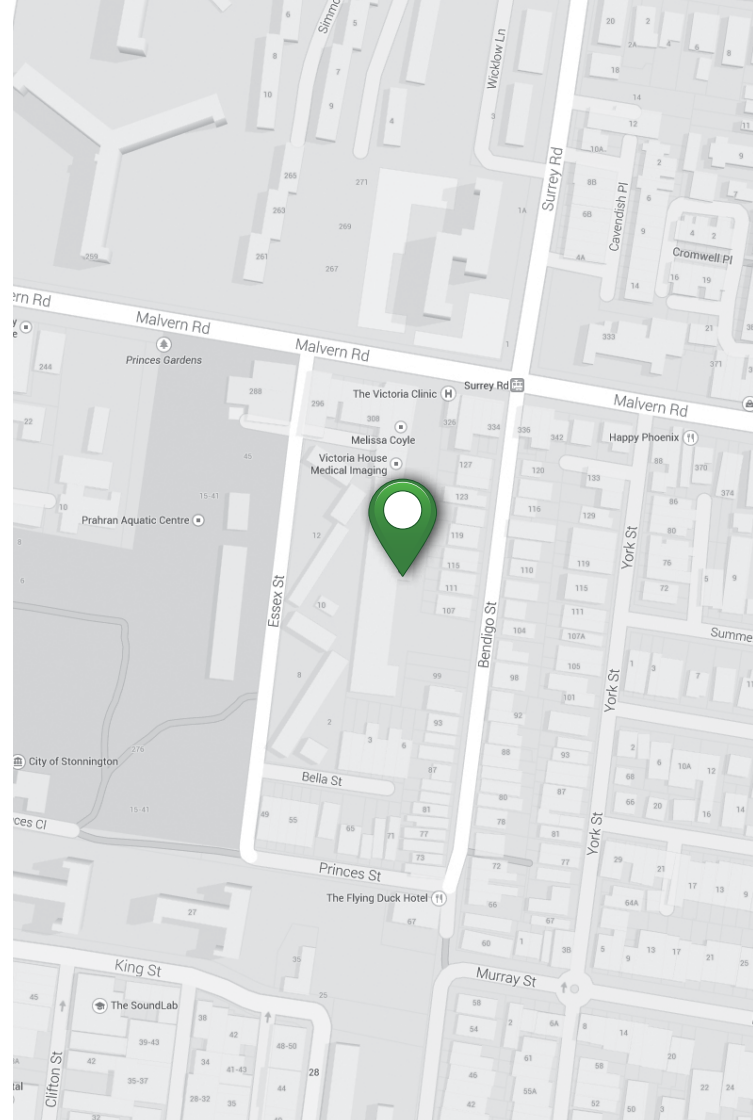
After 6 weeks in a cast you are then able to fully weight bear in a CAM Walker for a further six weeks.

When can I resume normal activities?

After the two week mark, a slow increase in activity is encouraged. It will take 2-4 months to feel the benefits of the surgery, it may take 1-2 years to fully settle.

When can I return to work?

If you have a sedentary job you will need at least 2 weeks off. If you have an active job where you stand or walk you will probably require 2-3 months off work.



Flat Feet



Orthopaedic Foot and Ankle Centre of Victoria
Level 1 Victoria House, 316-324 Malvern Rd
Prahran VIC Australia 3181

Operating from Epworth Richmond

Phone 1300 131 886 Fax 03 9510 0111

Email edwards.secretary@vicfoot.com

www.bunionsurgery.net.au



MR WILLIAM EDWARDS
Orthopaedic Foot & Ankle Surgeon

M.B., B.S., DIP. ANAT., M.S., F.R.A.C.S. (ORTHO.), F.A.ORTH.A

Flatfoot (pes planovalgus)

Flat feet (pes planovalgus) is a common complaint with differing levels of severity and symptoms. The degree of severity directly impacts the surgical decision.

There are numerous other factors such as; pain, age, weight, degree of arthritis and bone density that influence the type of surgical procedure.

The conservative treatment includes insoles, supportive footwear, analgesics, anti-inflammatories and change in activity.



Flat feet

Flat Foot Reconstruction

Flatfoot reconstruction is both complex and demanding, and the procedure can vary according to individual requirements.

Whilst the aim of reconstruction surgery is to improve foot anatomy, function and pain, reconstruction can include numerous small osteotomies, and ligament and tendon reconstructions, bone grafting and lengthening tendo Achilles.



Pre op



Post op

Severe Symptoms

If it is determined that the severity of your problem inhibits reconstructive surgery, arthrodesis (fusion) of the subtalar joint can be an option. This surgery aims to realign the hindfoot and alleviate pain.

A Subtalar fusion is used for a variety of hindfoot conditions. The type of surgery required for the individual will be determined by Mr Edwards.

Another surgical solution used to treat both troublesome flat feet and hindfoot arthritis is a procedure called a triple fusion. This is where the subtalar, calcaneocuboid and talonavicular joints are fused.

This surgery is aimed at making a stiff problematic foot into a strong, comfortable, functional one.



Subtalar fusion