

Minimally invasive percutaneous surgical techniques with internal fixation for correcting hallux valgus

Information for the public

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This procedure can be used to treat bunions (also known as hallux valgus) because it works well and there are no serious concerns about its safety in this condition.

Hallux valgus is a deformity of the big toe joint, often causing pain in the foot. The big toe bends towards the other toes, and a bony lump (called a bunion) appears on the side of the foot at the base of the big toe.

Under local or general anaesthesia, 1 or more small cuts are made through the skin (percutaneous) of the big toe. Bone-cutting surgical tools are put through the cuts and are used to remove the bunion, and divide 1 or more of the bones at the front of the foot. The divided bones are secured with wires, screws or plates (internal fixation). The operation is monitored using X-rays or an endoscope (a thin, flexible tube with a camera on the end). The aim is to straighten the big toe joint to reduce pain and other symptoms, and preserve joint movement. Compared with standard (open) surgery, this procedure uses smaller cuts to the foot (minimally invasive).

Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

Information and support

The [NHS webpage on bunions](#) may be a good place to find out more.

You can [search the NHS website for information about consultants and hospitals](#) that offer this procedure.

- [NICE's information on interventional procedures guidance](#) explains what an interventional procedure is and how we assess it.
- [NICE's information on interventional procedures recommendations](#) explains what standard arrangements are.

You can also get support from your local [Healthwatch](#).

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