

Keyhole bunion and foot surgery can offer rapid recovery

What exactly is keyhole surgery and is it right for me?

Keyhole surgery is a surgical technique where the operation is performed through very small incisions, a few millimetres long, with the potential for early recovery and minimal complications. This is in contrast to traditional surgery performed through large cuts on the foot.

WHAT ARE THE ADVANTAGES?

Minimally invasive bunion and foot surgery has perceived advantages over open surgery. Much less skin cuts are required to gain access to the bone in order to make corrections. This may lead to:

- Quicker recovery time
- Faster return to normal activities
- Minimal external scarring (no stitches needed)
- Possibly a better result

WHAT CONDITIONS CAN BE TREATED THIS WAY?

This technique is particularly useful in bunion surgery, where very small scars and better joint movement can be achieved. Big toe arthritis and toe deformities

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can also be successfully treated using these techniques.

The wide variety of foot conditions that can be treated include:

- Bunions (hallux valgus)
- Hammer toes
- Metatarsalgia (pain under the balls of the toes)
- Big toe arthritis (cheilectomy for hallux rigidus)
- Plantar fasciitis
- Certain aspects of ankle arthritis surgery

HOW IS MINIMALLY INVASIVE FOOT SURGERY PERFORMED?

The foot is numbed using an ankle block like traditional surgery and you



MR VAIL KARUPPIAH

can be awake or asleep, depending on your preference. Several small incisions are placed around the foot to allow access for the specialist instruments. An X-ray machine is integral to the operation to ensure the instruments are directed accurately, ensuring precise bony cuts and therefore an excellent correction.

CAN ANY SURGEON PERFORM THIS KIND OF SURGERY?

Very specific training in minimally invasive techniques are required and a range of surgical tools, not normally used in traditional open



PHOTO BY DARINA BELONOGOVA FROM PEXELS

surgery, are used. Not all foot and ankle surgeons perform minimally invasive foot surgery.

IS IT FOR ME?

Most people are eligible to have minimally invasive surgery. Even severe deformities deemed too large to be corrected by open techniques can be corrected using minimally invasive techniques.

HOSPITAL LOCATIONS:

Mr Vail Karuppiah provides clinical services in various areas including Nottingham, Leicester and Sheffield. Mr Karuppiah also offers this technique to private patients at Woodthorpe Hospital, Ramsay

Health Care, Nottingham and Thornbury Hospital, BMI Sheffield.

To make a clinic appointment — book online or contact

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