

Minimally Invasive Bunion Surgery Brochure

The
Private
Clinic

of Harley Street

Because it's your body

For the majority of people who suffer from bunions, it is the appearance that bothers them and it can make choosing the right shoes or sandals for special occasions a challenge. For others the pain and swelling from bunions can really affect their everyday life.

Traditional bunion removal techniques often involves a significant recovery period where you will not be able to easily walk. This can have a big impact on work, sport or exercise which you will not be able to do for 6 months. Many of us lead busy lifestyles, the old bunion surgery is often not an option which leaves many bunion sufferers having to rely on remedies such as bunion pads, paracetamol and wearing wide shoes. Although many remedies prevent the development of bunions and relieve some pain, they are unable to treat the bunion and reduce its size.

At The Private Clinic our revolutionary minimally invasive surgical bunion removal procedure could be the option for you.

Content

Why Choose The Private Clinic For Bunion Removal Surgery?	02
Who developed Minimally Invasive Bunion Surgery?	04
What does Minimally Invasive Bunion Surgery involve?	06
Benefits of Bunion Removal Surgery	07
Patient Pathway	08
Karen's Patient Story	10
Michelle's Patient Story	13
FAQ's	16



Why choose The Private Clinic For Bunion Removal Surgery?

Our minimally invasive bunion procedure was developed by Mr Andrea Bianchi and his team.

Dr Bianchi has **over 15 years' experience and on average carries out 1,000 bunion procedures per year**. The revolutionary bunion procedure inspired by keyhole techniques, **removes bunions from the foot under local anaesthesia and with no fixative devices such as screws, plates or wires**. This is completely different to all other bunion removal techniques that are associated with a lengthy recovery or downtime.

After the treatment **patients are able to walk immediately with no crutches** and get back to their everyday activities much quicker than traditional bunion removal surgery.

Our excellent reputation for patient safety and satisfaction, means that your journey with The Private Clinic will be an exciting experience to a newfound confidence.

X-ray without fixtures



X-ray with fixtures



Who developed Minimally Invasive Bunion Surgery?

Mr Andrea Bianchi has developed a unique and innovative minimally invasive surgical technique for the treatment of bunions, hammertoes and rigid toes.

Since 1995, Mr Bianchi and his dedicated team have worked together to develop a surgical approach to treating foot conditions inspired by keyhole surgery techniques.

Mr Bianchi's specialised technique allows patients with bunions to have their feet treated with no need for lengthy downtimes, no pins and no wires that are often associated with traditional bunion surgery.

Patients are able to walk immediately after surgery and usually go back to their normal routines within a few days. The discomfort and pain post-surgery is reduced so much that patients who have one foot treated tell us that they can't wait to have their second foot done.

Having devoted the past 10 years of his career to the treatment of feet, Mr Bianchi and his team have performed more than 50,000 Orthopaedic minimally invasive foot surgeries and Mr Bianchi carries out over 1,000 minimally invasive bunion surgery cases a year.



Mr Andrea Bianchi
Consultant Orthopaedic Surgeon

What does Minimally Invasive Bunion Surgery involve?

This condition can result from an injury to the foot, a deformity from birth or just over time from repeated excessive stress on the big toe and this can cause pain and inflammation to the base joint of the big toe. Surgery is performed as a daycase procedure using a mini-invasive percutaneous technique and does not require overnight stay in the hospital.

During treatment an imaging machine will be used to guide the doctor when undertaking surgery. Surgery to correct a bunion is called a bunionectomy.

The procedure uses surgical dental burrs to correct the deformity and modify the bones of the foot. These burrs are inserted through very small 2-3 millimetre incisions and are guided using a special radiological device allowing the surgeon to see the bones and burrs without the need for larger incisions.

The doctor will then create a series of small and precise fractures that are referred to as geometric fractures. These fractures do not require fixative devices such as screws or pins which force the bone into place. They are instead left to heal naturally. Once the bones are realigned, the fractures are left free to allow the foot to heal according to the patient's load-bearing needs and not to a pre-set standard that may not be right for the patient. The bones are then left to heal in a more natural position which results in better comfort and functionality post procedure.

Benefits of Minimally Invasive Bunion Surgery

- Bunion Removal Surgery is performed under local anaesthesia using keyhole techniques.
- Natural operation with no metal fixtures used.
- There is a 98% success rate following the bunion operation.
- Mr Bianchi has over 15 years' experience.
- You will be able to bear weight on your foot shortly after surgery when advised to by your surgeon.
- Treatment is carried out in our state of the art London Fitzroy hospital.
- 24 hour patient helpline direct to your nursing team and surgeon.
- Minimal post-operative pain and aftercare.
- No large scar.
- Recovery is quicker than traditional methods of surgery as no fixtures are used with this technique.
- Dedicated post-operative care and appointments with your surgeon and nursing team.

Patient Pathway

Below is a brief outline of the patient pathway that you will complete.



1. The initial consultation -

The procedure begins with the initial consultation to establish the extent of the condition and determine whether the patient can be treated with medication or requires surgery. A bilateral foot X-Ray in a standing position will be required.



2. Preparation for Surgery and Hospitalisation -

The procedure takes place at our state of the Art Flagship hospital in Fitzroy Square, 5 minutes drive from Harley street. We will give you all of the necessary preoperative information ready for your day. Surgery lasts approximately 30 minutes. You will leave walking.



3. Surgery - Anaesthesia and surgery with instruments without fixation devices (screws, wires, plates, pins). Assessment of alignment, dressing and specific PBS bandaging.

4. For a description of the surgery, please refer to "The Private Clinic Bunion Patient Guide."



5. Post-Op - At the end of surgery, the surgeon or the operating theatre team provide a personalised plan for the post-surgery procedure, depending on the complexity of the surgical procedure. Shortly after surgery, you will be able to wear an orthopaedic shoe and take your first steps. At home, you must gradually and progressively increase walking, alternating walks and rest. For more information on the post-surgery period and advice on what to do at home, please see "The Private Clinic Bunion Patient Guide".



6. Monitoring -After 15/20 days, you should return to the clinic for a check-up. The time varies depending on the condition operated on. The medical staff will check the progress of the healing process and provide personalised procedures (exercises and possibly medication) to help reach a successful conclusion. Further check-ups may be required in the 3 months after surgery.



7. X-ray Check-up – around 45 days after surgery, you will have a routine check-up with the surgeon to assess how calcification, consolidation and alignment of the bones of the foot are progressing. An X ray will be required to assess the recovery.

Karen's Patient Story



Before & After

Karen's Patient Story

Karen first noticed the signs of bunions on her feet after she left secondary school. Bunions were not uncommon in Karen's family, her father had suffered with them but never went ahead with surgery to correct them.

Karen would feel her feet throbbing at the end of the day as was often desperate to get home and remove her shoes. The winter months were hard for Karen as she felt this was when they would ache the most from the cold and wearing wellies or trainers were difficult for her.

"I would be desperate to remove my shoes whenever possible, my shoes used to get passed around the class during school as I was forever removing them as soon as I sat down for lessons."

Karen's bunions were starting to have a negative impact on her life affecting her posture, how she walked and the options of shoes that she could enjoy wearing on a daily basis. Working as a school teacher she is always on her feet and having shoes that she could comfortably wear was important.

"I found myself having to buy wide-fitting shoes as a necessity but these are invariably much more expensive than normal fitting shoes so my options were limited."

In the summer months Karen also struggled with the appearance of her feet and found herself rarely being able to wear heels or flip flops that fitted comfortably and looked nice.

She enquired about having a bunion removal procedure on the NHS but was put off by the extensive downtime that would impact both her work and home life.

“I was told that I would need to have at least six weeks off from work, per foot. I could not afford this and I have two young children to care for.”

Karen had heard about a new minimally invasive keyhole procedure for bunions and was excited to book a procedure with Mr Andreas Bianchi at The Private Clinic in Harley Street to find out more about it.

“I choose to go ahead with Mr Bianchi’s methods over the NHS’s because I would be mobile quicker and back to work earlier which was perfect for me.”

Karen arrived at The Private Clinic’s Fitzroy Hospital for her first bunion removal treatment on her left foot. Mr Bianchi only treats one foot at a time so Karen would have to return again once fully healed for her second procedure to the right foot. Having never had a surgical procedure before, Karen was understandably feeling nervous but at the same time excited at the promise of leaving with one bunion-free foot!

“I just kept thinking of how this procedure would change my life because I would no longer be ashamed of my feet, I would hope to finally be pain-free and I would be able to choose pretty, strappy, higher shoes and sandals.”

A few hours later Karen was able to walk out the doors of the hospital with no need for crutches and returned home to recover in comfort knowing it was going to have minimal impact on both her work and home life.

Arriving for her follow-up appointment with Mr Bianchi, Karen expressed her delight in the new appearance of the foot and couldn’t wait to book in to get the right foot treated in time for the summer so she could finally wear her sandals with confidence.

Michelle's Patient Story



Before & After

Michelle's Patient Story

Michelle first became aware of her bunions in her 50s but at this time they were very small and not bothering her too much. It wasn't until she had an accident and damaged her knee resulting in surgery that she started to notice that her balance had become uneven.

"I walked with my head forward and an arched back, my right foot was taking a lot of strain and the bunion just seemed to getting bigger and wider"

Michelle then started to experience pain in her left ankle and noticed that the bunion on that side of her foot was increasing also, she also noticed that her big toes were curling inwards and lumps and bumps were appearing from her poor walking posture.

Bunions had previously ran in Michelle's family with her grandmother and sister both suffering from them. Her sister had gone through with traditional bunion surgery with metal plates which prompted Michelle to seek referral from her GP to get a bunion correction procedure on the NHS however she decided to decline treatment as the recovery time was too extensive.

"The recovery time was long and I didn't have anyone to look after me or stay somewhere that didn't have stairs, so I didn't go through with it."

Michelle's bunions were not necessarily painful but she felt her left ankle felt twisted and unsupported and both feet were not suffering from a hammer toe. Her nail was damaged from being squashed by her bigger toe and her right foot was overall wider and the tops of her feet often felt bruised.

A year after declining her original offer for bunion removal surgery, Michelle decided that the time had come to get something done. She was very aware of the deformed appearance of her feet, especially in the summer when she was wearing sandals. She felt very limited about her shoe options often opting for flat and wide fitting footwear over high heels and sandals.

After hearing about a revolutionary new minimally invasive bunion keyhole surgery she booked in for a consultation with Mr Andrea Bianchi at The Private Clinic in London Harley Street and was pleased to hear that the concerns she had about traditional bunion surgery such as the extensive downtime, not being able to walk and use of screws and metal plates were not an issue with this exclusive new procedure.

“I had always been nervous about having a bunion op because I had heard that the recovery was absolutely horrendous. When I had the minimal surgery explained to me I thought it sounded amazing and it was worth taking a risk”

Turning up at The London Fitzroy hospital for her surgery a few months later, Michelle was nervous but excited at the promise that she would be walking out the clinic doors without the need for crutches a few hours later.

“It was really important for me that I would be able to manage on my own, I literally walked out, managed to walk up stairs and could walk myself to the bathroom. It has been really fantastic compared to what I was expecting.”

Michelle’s recovery exceeded her expectations after initially being put-off surgery due to the potential downtime required.

Returning to the clinic for a dressing change Michelle was shocked to see the results of her procedure and even more so that she was being allowed to leave wearing trainers after only 2 weeks of recovery.

Frequently Asked Questions

We have answered many frequently asked questions on our website. [Click here to see.](#)

You can also find out more about the Minimally Invasive Bunion operation in our bunion videos. [Click here to see.](#)

Notes:

For information about our procedures, or to book a consultation contact your nearest clinic or visit **theprivateclinic.co.uk**

LONDON CLINICS

Harley Street

The Private Clinic
98 Harley Street
London W1G 7HZ
T. 020 7725 0880

London Hospital

Fitzroy Square
Adam House
1 Fitzroy Square,
London W1T 5HE
T. 020 3463 9040

OTHER UK CLINICS

Birmingham

The Private Clinic
88 Hagley Road
Birmingham B16 8LU
T. 0121 429 2233

Manchester

The Private Clinic
25 St John's Street
Manchester M3 4DT
T. 0161 833 9393

Leeds

The Private Clinic
45 Park Square
Leeds LS1 2NP
T. 0113 246 7216

Buckinghamshire

The Private Clinic
Stokenchurch Medical
Centre, Oxford Road
Stokenchurch HP14 3SX
T. 01844 214362

Northampton

The Private Clinic
82 Billing Road,
Northampton NN1 5DF
T. 01604 875040

CONSULTATION DAY ROOMS

We also have
consultation rooms
across the UK.

Please contact
us or visit our website
to find out more.



theprivateclinic



@privateclinic



@theprivateclinic



theprivateclinic



theprivateclinic