

A Modern, Minimally Invasive Approach to Bunion Correction

Bunions (hallux valgus) are more than just a cosmetic concern—they are a progressive deformity of the foot that can cause chronic pain, inflammation, difficulty with footwear, and limitations in daily activity. Traditional bunion surgery has long been effective but often associated with large incisions, prolonged recovery, and postoperative discomfort.

Advances in surgical technology have led to a better option for many patients: **Minimally Invasive Bunionectomy**.

This innovative procedure uses specialized instruments and implants to correct bunion deformities through tiny incisions, offering patients a faster recovery with less pain and scarring than traditional open surgery.

Understanding Bunions

A bunion develops when the bones of the big toe joint gradually shift out of alignment. As the tip of the big toe moves toward the smaller toes, a bony bump forms on the inside of the foot. Over time, bunions can worsen, leading to joint stiffness, swelling, and difficulty walking or standing for long periods.

When conservative treatments such as footwear changes, orthotics, or anti-inflammatory medications no longer provide relief, surgical correction may be recommended.

What Is Minimally Invasive Bunionectomy and What Are the Benefits?

Minimally Invasive Bunionectomy is a surgical procedure designed to realign the bones of the big toe using very small “pinhole” incisions—typically only a few millimeters in length. Through these incisions, the surgeon uses precision instruments to reshape bone, correct alignment, and stabilize the correction with fixation devices.

Clinical studies and patient outcomes have demonstrated several advantages compared to traditional open bunion surgery:

- **Smaller incisions** (up to 76% smaller than traditional procedures)
- **Less postoperative pain and swelling**
- **Reduced reliance on narcotic pain medication**
- **Faster recovery**, with patients recovering on average up to **8 weeks sooner**
- **Improved cosmetic results**, with minimal scarring

- **High patient satisfaction rates**

Many patients are able to bear weight immediately after surgery in a protective shoe, depending on their surgeon's protocol and the specifics of the correction.

Is The Procedure Right for You?

Not every bunion or every patient is the same. **Minimally Invasive Bunionectomy** may be an excellent option for patients with mild to severe bunion deformities. A foot and ankle specialist trained in minimally invasive techniques can determine the most appropriate treatment plan based on your anatomy, bone quality and overall health