

## **Hawthorn Medical Orthopedics Introduces Minimally Invasive Bunionectomy, Offering Faster Recovery and Improved Patient Outcomes**

**Foot and Ankle Surgeon Helena Meyer, DO**, of Hawthorn Medical Orthopedics, is pleased to announce the availability of **Minimally Invasive Bunionectomy**, an advanced surgical option designed to correct painful bunions with smaller incisions, less postoperative pain, and a significantly faster recovery compared to traditional bunion surgery.

Bunions, clinically known as hallux valgus, develop when the bones of the big toe joint gradually shift toward the smaller toes causing a bony bump near the base of the toe. Over time, bunions can cause chronic pain, swelling, difficulty walking, and limitations in everyday activities. While conventional bunion surgery has been effective, it often involves large incisions and extended recovery. Minimally Invasive Bunionectomy represents a major step forward in patient care by using specialized instrumentation to correct the deformity through tiny “pinhole” incisions.

According to Dr. Meyer, “This procedure allows us to realign the bones of the foot with exceptional precision while minimizing disruption to surrounding soft tissue. Many patients experience less pain, smaller scars, and a quicker return to their normal activities.”

Key benefits of Minimally Invasive Bunionectomy may include:

- Smaller incisions and improved cosmetic outcomes;
- Reduced postoperative pain and swelling;
- Less reliance on narcotic pain medication;
- Faster recovery, with patients returning to regular footwear and activity up to eight weeks sooner on average;
- Possible immediate or early weight-bearing in a protective shoe.

“Advances like minimally invasive bunion correction allow us to focus not only on fixing the problem, but also on improving the overall patient experience,” added Dr. Meyer.

Patients experiencing persistent bunion pain or limitations in daily activities are encouraged to consult with a foot and ankle specialist to determine if this procedure is right for them. For more information or to schedule a consultation, contact Hawthorn Medical Orthopedics at 508-996-3991.