

MercyOne North Iowa
Podiatry at Mason City Clinic

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PAINFUL BUNIONS?

Discover the NEW patented treatment option that fixes the ROOT CAUSE and gets patients back on their feet — *QUICKLY!*



What are bunions?

Bunions are frequently occurring, painful protrusions on the metatarsophalangeal (MTP) joint, where the big toe meets the long bone on the inner side of the foot.

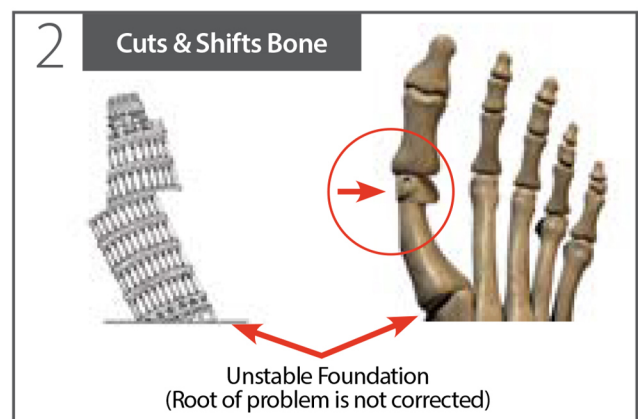
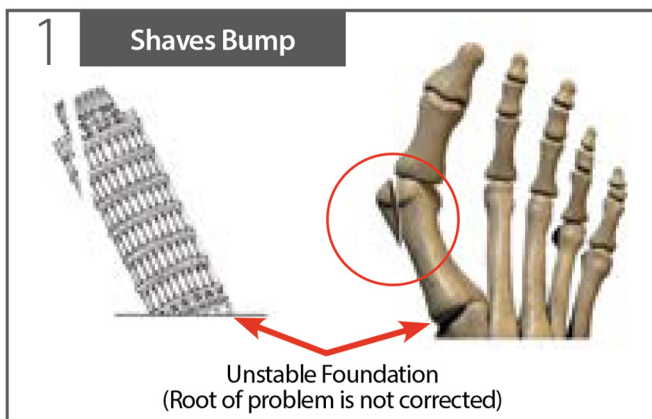
A common misconception is that bunions are just a simple overgrowth of bone that can be simply “shaved off.” In reality, however, bunions are complex deformities caused by an unstable joint in the middle of the foot.¹ With an unstable foundation, the bone can rotate out of alignment in three dimensions and form the painful “bump” at the base of the big toe.²

Who gets bunions?

Anyone can develop a bunion, though they are more common in women than in men. They are hereditary by nature and can be exacerbated by tight fitting shoes. Wearing wider shoes and using simple strategies to relieve pressure on the big toe helps some people “live with” the problem. But these workarounds are not an option for about 400,000 Americans who must turn to bunion correction procedures each year to relieve their pain.

What happens in traditional bunion surgery?

During an osteotomy, or traditional bunion surgery, the bone is cut in half and the top part is pushed over, treating the bunion symptoms or bump. This surgery can dramatically relieve the patient's pain. But, because it does not address the cause of the problem (the unstable joint), there is a significant likelihood that the bunion will come back.³



Fixing the root cause of the bunion

Now with the new specially-designed instrumentation is used to correct the entire metatarsal bone – in all three dimensions, restoring it to its proper alignment, while naturally removing the bump and straightening the toe.

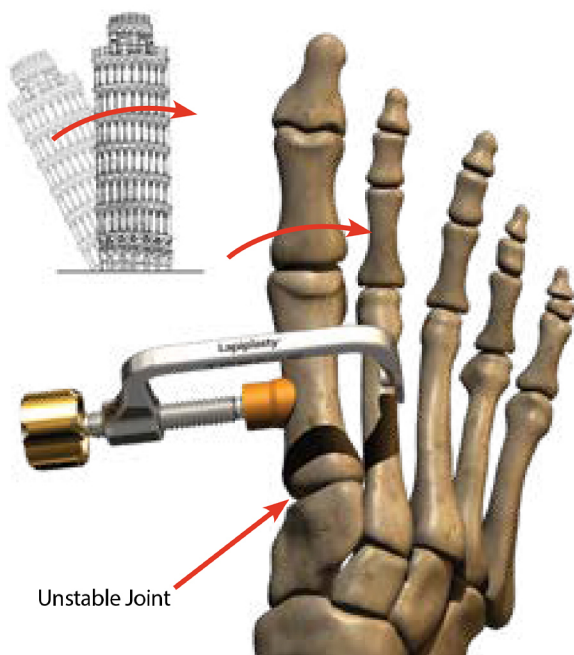


Once the metatarsal bone is corrected, innovative titanium plating technology is used to permanently secure the unstable joint in place.^{4,5} Since the procedure uses advanced fixation methods, most patients are able to walk just days after surgery without casts. As a result, patients can return to normal activities and wear the shoe of their choice relatively quickly.⁶

1

Entire bone returned to normal 3D alignment

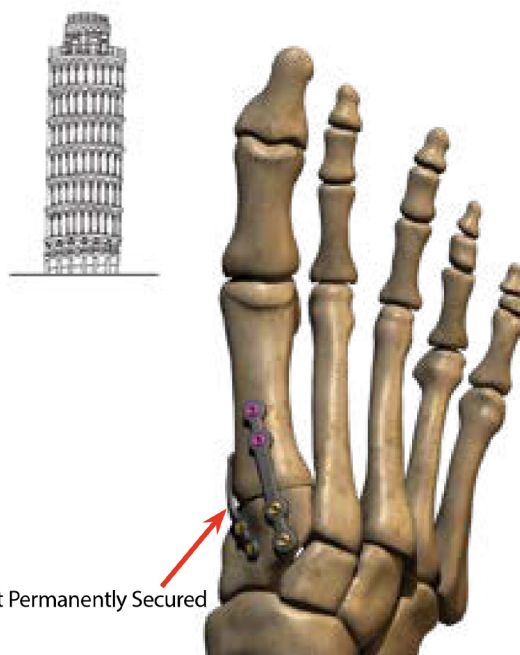
Advanced instrumentation corrects the entire metatarsal bone in 3-dimensions, naturally removing the bump and straightening your toe.



2

Joint stabilized to secure 3D correction

Patented innovative titanium plate technology is applied to permanently secure the foundation and allow rapid weight-bearing.



What should I expect in terms of recovery?

The patented titanium plating technology used with the 3D correctional bunion procedure enables patients to bear weight on their foot more quickly. This can dramatically improve the recovery process, allowing patients to walk up to 6-8 weeks earlier than with the more traditional Lapidus approach (which was previously the only option for addressing the unstable joint).

3D Correctional Bunion Procedure	Traditional Lapidus Surgery
No Casting	Casting, crutches, scooter
Weight-bearing within days*; <i>6 weeks walking in surgical boot</i>	Non-weight-bearing**; <i>6 weeks completely off foot</i>
At weeks 6-8: back in tennis shoes	At weeks 6-8: walking in surgical boot
<i>walking 6-8 weeks ahead of traditional surgery</i>	At weeks 12-16: Back in tennis shoes
<small>*Smith B, et al. 2017 AOFAS Annual Meeting, Seattle, WA.</small>	<i>6-8 weeks behind 3D correctional bunion procedure</i>
	<small>**Catanzariti AR, et al. J Foot Ankle Surgery, 38:325-32.</small>

Being able to walk in a surgical boot, as opposed to being completely non-weight bearing (in a cast with scooter or crutches) for 6-8 weeks, means that, in most cases, patients can quickly get back to work and normal life.



What are the risks associated with the 3D correctional bunion procedure?

The decision to undertake surgery is one not to be taken lightly. Results of surgery will vary due to numerous factors. Not all patients are candidates for this product and/or procedure. Only your doctor can advise you if the 3D correctional bunion procedure is appropriate for your specific condition.

As with any medical treatment, individual results, risks, and recovery times may vary. Potential risks include:

- Infection
- Adverse reactions to a foreign body
- Pain, discomfort, or abnormal sensations due to the presence of the implant
- Loosening, bending, cracking, or fracture of the implants
- Loss of fixation of bone
- Delayed / loss of correction or loss of anatomic position with nonunion or malunion
 - Nonunion is when a fractured bone has been unable to heal
 - Malunion is when a fracture has healed in an abnormal or less than optimal position
- Migration or loosening of the implant
- Delayed correction in the alignment of bones
- Decrease in bone density
- Bursitis or inflammation of the bursa sac, which provides cushion and aids in reducing friction between tissues
- Revision surgery or removal of the implants



Frequently Asked Questions

How long does it take to recover from a 3D correctional bunion procedure?

Patients are typically walking just days after surgery. Patients can return to some occupations within a couple of weeks, initially wearing a surgical boot. Within 7 to 8 weeks, you can expect to be walking in comfortable shoes, including tennis shoes. However, you should not plan on any high-impact activities for approximately 3-4 months. Short shopping trips and leisurely strolls are examples of the types of activities that should be fine at this point.

Around the 4-month mark after surgery, you should be able to return to most activities and wear normal shoes.

Can I wear fashionable shoes again?

The 3D correctional bunion procedure allows most patients to return to their desired shoes. Of course, some fashionable shoes can be painful (even with a normal foot!), so results can vary from person to person and from shoe to shoe.

Can I play sports after the 3D correctional bunion procedure?

Yes! In fact, there are no permanent activity limitations after the 3D Correction. Most patients return to normal activities after the bones have completely healed, usually within 4 to 6 months.

Can the 3D correctional bunion procedure be performed on someone who has previously had traditional surgery?

Yes, it is an option that can be utilized by your doctor when a revision is required. Even if previously treated, patients can experience the same benefits from 3D correctional bunion procedure – with a permanently secured foundational joint.

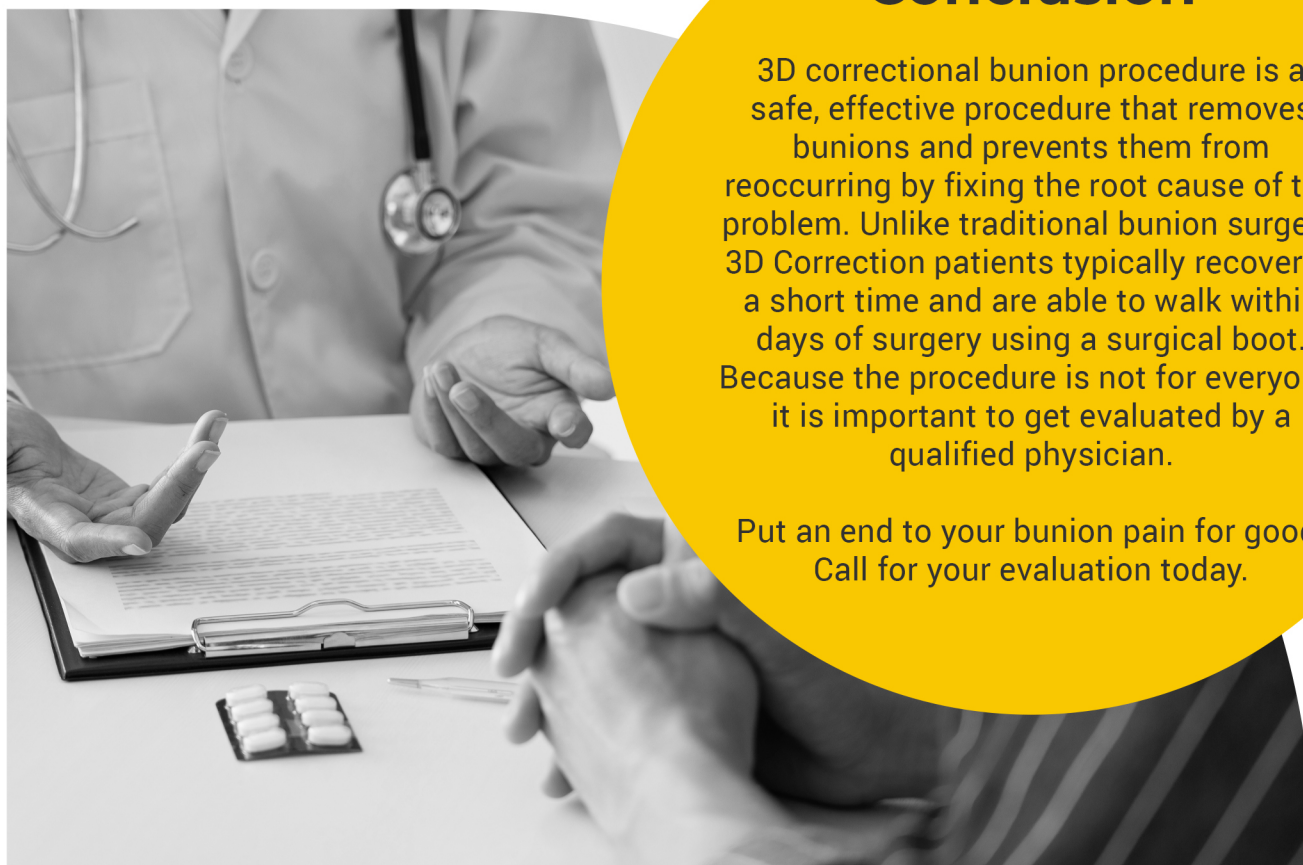
Can the 3D correctional bunion procedure be performed as an outpatient procedure and how long does it last?

Yes, 3D correctional bunion surgeries are performed as outpatient procedures. Typically, the surgery will last just under an hour. If your doctor is performing any additional procedures at the same time, the surgery may take longer.

Conclusion

3D correctional bunion procedure is a safe, effective procedure that removes bunions and prevents them from reoccurring by fixing the root cause of the problem. Unlike traditional bunion surgery, 3D Correction patients typically recover in a short time and are able to walk within days of surgery using a surgical boot. Because the procedure is not for everyone, it is important to get evaluated by a qualified physician.

Put an end to your bunion pain for good.
Call for your evaluation today.





Doctor Message

"I enjoy podiatry and helping people with their foot and ankle problems. I enjoy working with people of all ages from Mason City and the surrounding communities as well as local nursing homes and assisted-living facilities."

Edward S. Henrich

DPM

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