

Possible Complications

While post-operative complications are not common, some conditions may affect recovery. Common complications are:

1. Deterioration of pre-existing diseases, such as cardiac disease, hypertension, stroke, diabetes mellitus, etc.
2. Wound infection or healing problems
3. The metallic implants could be felt under the skin, causing pain
4. Poor healing of bone fractures
5. Decreased toe mobility
6. Toe numbness due to damaged nerves
7. Recurring deformity or over-correction leading to reversed deformity

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Service Hours

Monday to Friday: 10:00 am – 6:00 pm
Saturday: 11:00 am – 3:00 pm
Closed on Sundays and Public Holidays
by Appointment



Hallux Valgus



For enquiries and appointments,
please contact us

What is Hallux Valgus?

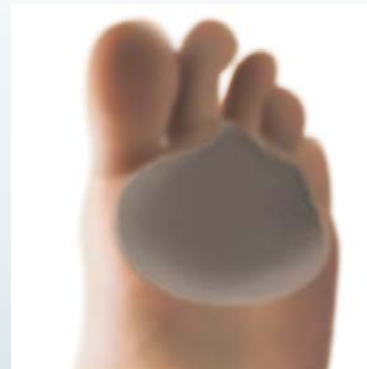
Hallux valgus literally means deviation of the big toe and is often referred as bunion. Common among adult women, hallux valgus can affect either foot, or more commonly both feet. The main cause is wearing shoes with narrow toe boxes or high heels, which forces the big toe to deviate towards other toes. This deformity will not correct itself with time, and is mostly seen in patients with flat feet.

A bursa is formed under the skin when the deformed toe rubs against the shoe for a long time. It can get inflamed and swollen at times, causing pain and difficulty in joint movement when severe. In worst cases, hallux valgus may cause degeneration and damage in the big toe, deformity in adjacent toes and corns on the sole.



Methods of Treatment

If not severe, patients can put pads on the side of the big toes, between toes and beneath the sole. Patients should also not wear shoes with narrow toe boxes or high heels. Surgery is required if the pain is severe or other toes are affected.



The Operation

The choice of operation depends on the severity of the condition, i.e.

1. Mild condition: the bunion is first excised, followed by correction of the big toe deformity with either soft tissue reconstruction or bony realignment operation.



2. Damaged big toe joint: the joint will be fused and the deformity in other toes also corrected.

