FOOT & ANKLE CENTER · PATIENT GUIDE

The Jiffy Bunion™ — Minimally Invasive Bunion Correction

A straighter big toe through a few small incisions, and a clear, step-by-step path back to your shoes and the activities you love.

✦ Small incisions · ➜ Walk right away · ⌂ Home the same day · ★ Regular shoes at 6 weeks



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Board-Certified Orthopaedic Surgeon
Fellowship-Trained in Foot & Ankle

1 What is a bunion?

A bunion is **not just a bump**. The long bone behind your big toe drifts outward, and the big toe leans in toward the second toe. The bump is the end of the first metatarsal rubbing against your shoe, causing pain, redness, and crowding of the smaller toes.



Before & after



The x-ray



The bones inside

●● Small incisions (about 3–5 mm)

2 Am I a good candidate?

- ✓ Your bunion **hurts** or limits walking, work, or exercise.
- ✓ Wider shoes, pads, and spacers are **not enough**.
- ✓ Your x-rays show a bunion that can be fixed by **shifting the bone**, which fits many mild, moderate, and even some severe bunions.
- ✓ You are healthy enough for outpatient surgery, with good blood flow to your feet. Not smoking helps bone heal.

An arthritic or very loose big-toe joint may need a different surgery. Dr. Moore will review your x-rays with you and recommend the best plan for your foot.

3 The Jiffy Bunion™ procedure

Through a few small incisions, Dr. Moore uses a tiny instrument and live x-ray guidance to make a precise cut in the 1st metatarsal. The bone is **shifted into a straight position** and held with **two small screws**. Often a small cut is also made in the big toe bone to fine-tune its alignment. The screws usually stay in for good.

Good to know: many bunion patients also have problems in the **second toe** (such as a hammertoe or crossover toe) or other parts of the forefoot. **Additional procedures are frequently needed** at the same surgery to fix these, and Dr. Moore will plan them with you ahead of time.



1. Precise cut
through a tiny incision



2. Shift
bone moved into line



3. Secure
two screws hold it

4 Your recovery, step by step

X-rays at every visit confirm your correction

Day 0 — Surgery day
Walk as tolerated, limited, in a special post-op shoe for the first few days

Day 5
First visit: dressing change

2 wk — Week 2
Stitches out. Walking normally in the post-op shoe

6 wk — Week 6
Move into regular shoes

10–12w — Weeks 10–12
Back to vigorous exercise

3 mo — 3 & 6 months
Check-ups as bone remodels

1 yr — 1 year
Final check-up

Toe spacers · first 12 weeks
Wear them to help hold your big toe in its new position while it heals.

Swelling is normal
It can take many months while the bone remodels. Most is gone by 8–12 weeks; mild swelling is normal up to 6 months, and sometimes longer.

Everyday life
Showering: the foot can get wet after the first week.
Driving: usually around 2 weeks, once you can safely brake.
Both feet? The second side is usually done about 6 weeks after the first.

5 · Potential complications. All surgery has risks. With bunion surgery these include infection or slow wound healing, numbness or nerve irritation near the incisions, stiffness of the big toe, prolonged swelling, slow or incomplete bone healing, under- or over-correction, the bunion coming back, irritation from a screw that may need to be removed, blood clots, and ongoing pain. Dr. Moore will review your own risks with you.

ATLANTIC ORTHOPAEDIC SPECIALISTS

Know someone with a painful bunion?
Pass it along. Learn more at
www.bunion-doctors.com

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To make an appointment: **757-321-3360**
Surgical scheduling after your appointment: **757-321-3307**
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atlanticortho.com

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