

Bunion Surgery



Everything you need to know about our
Bunions procedure.



RIVER
AESTHETICS

The Private
Clinic Group



River Aesthetics are now offering an exclusive minimally invasive bunion removal procedure in collaboration with our surgical provider sister clinic, The Private Clinic.

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The Private Clinic have a 5-star rating on TrustPilot, with an impressive 98% of their patients saying they would recommend them to their friends and family.



My whole experience from first contact through to post-surgery follow-up has far exceeded my high expectations. I cannot speak highly enough of the exceptional professionalism of all staff I encountered. I am 1 week into recovery from bunion surgery and was able to walk out after the op without any assistance... ”

- Adrian, Bunion Removal Patient



BUNION REMOVAL SURGERY

A bunion is a form of foot deformity where a bony lump forms on the outside edge of the foot. Most people who suffer from bunions find that the appearance bothers them the most, but many also experience daily pain and discomfort. Choosing the right shoes or sandals to wear can be a challenge when you have bunions. Regular pain and swelling from bunions can affect everyday life.

Traditional bunion removal techniques often involve a significant recovery period where you will not be able to walk easily. This can have a big impact on work, sports, or exercise. It can take up to 6 months to get back to all your normal activities.

A lot of us lead busy lives, and the downtime required by standard bunion surgery makes it unsuitable for a lot of people. This can force many bunion sufferers to rely on remedies like bunion pads, paracetamol, and wearing specialised wide shoes. Although these options can prevent the development of bunions and relieve some pain, they are unable to treat the bunion and reduce its size.

In collaboration with The Private Clinic Group, River Aesthetics are offering patients a **Revolutionary Minimally Invasive Surgical Bunion Removal Procedure**. The keyhole surgery procedure boasts minimal downtime so you can return to everyday activities much sooner. This makes it the ideal option for patients who have previously put off traditional bunion surgery.

Read on to find out more about the exclusive procedure or speak to our front-of-house team to book a consultation with a Consultant Orthopaedic Surgeon.





ABOUT THE BUNION REMOVAL SPECIALISTS

Our sister clinic, The Private Clinic, performs over 10,000 procedures and are a leader within the surgical industry. They have 40 years of specialised experience with a commitment to quality, care, and patient satisfaction. We are delighted to offer you their exceptional medical expertise and access to their multi-award-winning services in this key medical field. Working together we aim to provide our patients with first-class treatment and care.

WORLD CLASS TEAM OF MEDICAL EXPERTS

Established for over 40 years in London's Harley Street, The Private Clinic has a team of world-class medical and clinical staff. They offer an exclusive Minimally Invasive Bunion Surgery Technique performed by Consultant Orthopaedic Surgeon, Mr Andrea Bianchi who pioneered this revolutionary procedure. Mr Bianchi has over 15 years of experience and performs over 1,200 procedures per year in the UK and Italy.

Specialising in Orthopaedics and Traumatology at the University of Studies of Perugia, Mr Bianchi went on to develop a unique and innovative technique for treating painful foot conditions such as Bunions, Hammertoe and Tailor's Bunionette.

Together with his dedicated team, Mr Bianchi developed a minimally invasive approach to Bunion Removal Surgery, inspired by keyhole surgery. His specialised technique focused on effectively treating the feet whilst reducing the lengthy downtime and removing the use of fixative devices such as pins and wires.

To find out more about Mr Andrea Bianchi, you can request a copy of his surgeon profile from our front-of-house team.

OUTSTANDING FACILITIES

At The Private Clinic, the bunion removal procedure will be carried out in their state-of-the-art, boutique Fitzroy Hospital. Their expert medical team and Consultant Orthopaedic Surgeon provide patients with a high level of care before, during and after their procedure. Their 24-hour helpline also ensures you are always in the best of hands.

FIRST CLASS CARE & 5 STAR RATING

The Private Clinic focus on delivering first class care whilst ensuring realistic expectations and honest advice. They are rated excellent on TrustPilot and 98% of their patients say they would recommend them to friends or family.

MINIMALLY INVASIVE BUNION SURGERY

The Private Clinic's minimally invasive bunion procedure was developed by Consultant Orthopaedic Surgeon, Mr Andrea Bianchi and his team.

The revolutionary bunion procedure inspired by keyhole techniques, removes bunions from the foot under local anaesthesia and with no fixative devices such as screws, plates or wires. This approach is completely different to other bunion removal techniques, which often entail extended recovery periods and significant downtime.

After the treatment patients are able to walk immediately with no crutches and get back to their everyday activities much quicker than traditional bunion removal surgery.



"The whole experience of having my bunion corrected by Mr Bianchi and The Private Clinic has been excellent from booking, the operation and the aftercare - the results are fabulous!

My recovery time has been very quick and the pain post-op has been minimal and easily managed. If you are thinking of having your bunion corrected, I would definitely recommend Mr Bianchi and his team."

Angela, Bunion Removal Patient

To book a consultation with an expert Consultant Orthopaedic Surgeon, please speak with River Aesthetic's front-of-house team or give us a call on **0330 822 1998**.

ADVANTAGES OF THE UNIQUE BUNION PROCEDURE OVER OTHER STANDARD SURGERY

Unlike traditional Bunion Removal Surgery, We offer patients a minimally invasive procedure to effectively remove bunions where patients can walk out of the hospital, without the need for crutches on the same day.

No screws or fixtures. By opting for this minimal approach you can steer clear of potential complications associated with standard surgery. The absence of screws and fixtures further minimises risks, ensuring a safer procedure overall.

Keyhole Surgery. With the Keyhole method, rest assured that you won't experience the prominent scars often associated with other techniques. Feel confident in wearing the shoes you love without any concerns about visible scars.

Return to daily activities sooner. Following treatment, the majority of our patients can walk immediately without crutches and resume their daily lives without enduring months of recovery, as required with other methods.

98% success rate. Using his pioneering technique, Orthopaedic Consultant Surgeon, Mr Bianchi, ensures unrivalled precision in arranging the toes, leading to long-lasting results.

No hidden costs. We understand the significance of aftercare and follow-up appointments in ensuring the success of your treatment. Therefore, the price quoted covers these essential aspects to provide comprehensive care.



BEFORE AND AFTER GALLERY



Before

After



Before

After



Before

After

YOUR PATIENT JOURNEY

CONSULTATION

The bunion procedure will begin with an initial consultation with our Consultant Orthopaedic Surgeon, Mr Andrea Bianchi at our clinic in Bournemouth. This establishes the extent of the condition and allows us to assess whether you can be treated with medication or surgery. An x-ray will be taken of your foot or feet to assess your suitability for surgery.

At your consultation, Mr Bianchi will discuss the following:

- Medical history
- Procedure details
- Information about your bunion
- Your expectations from surgery
- Risks and complications
- Aftercare

You will be able to ask any questions you have and take a look at before and after results to give you an idea of what to expect from minimally invasive bunion surgery.

PRE-OPERATION

A pre-op appointment will be required before your procedure. Our experienced pre-operative nursing team will advise you of all necessary pre-operative information to help you prepare for your bunion removal procedure. They will also perform any required tests and advise on any medication you should stop taking ahead of your procedure.

THE PROCEDURE

Your bunion removal procedure will take place at The Private Clinic's London Fitzroy Hospital under local anaesthetic. You will be provided with an admission time, usually scheduled one hour prior to the surgery start time.

Once you have been admitted:

- The nursing team will record your blood pressure and begin prepping you for surgery.
- Mr Bianchi will go through the procedure again, answering any questions or concerns you may have.
- Your foot will be marked up ready for surgery.

DURING THE PROCEDURE

The Private Clinic's exclusive Bunion Removal Procedure utilises an innovative and revolutionary technique that eliminates the need for immobilising or resting the fracture of the foot in order to heal. The surgeon will use surgical dental burrs to correct the deformity and adjust the foot's bones.

- Small 2-3-millimetre incisions are made which the surgical burrs are inserted through.
- A special radiological device is used to allow the surgeon to see the bones and burrs without the need for larger incisions.
- A series of small and precise fractures will be made that are referred to as geometric fractures. These fractures do not require fixative devices such as screws or pins which force the bone into place. They are instead left to heal naturally.
- Once the bones are realigned, the fractures are left free to allow the foot to heal according to the patient's load-bearing needs and not to a pre-set standard that may not be right for the patient.
- The incisions are closed, and you will return to a recovery room to recover from the anaesthetic.
- Your foot will be bandaged and taped using a personalised bandaging technique which allows the physiological healing process to spontaneously restructure the foot and avoid any additional stress caused by arbitrary immobilisation. You will be required to wear this for up to 25-30 days before returning for your follow-up appointment.
- After the specialised nursing team is satisfied with your post-surgery recovery and feels you are safe to return home, you will be discharged. At this point, you will be allowed to leave the hospital accompanied by a family member or friend.

To find out more about Bunion Removal Surgery, please speak with River Aesthetic's front of house team or give us a call on **0330 822 1998**.

AFTERCARE

At the end of the surgery, the surgeon or the operating theatre team provide a personalised plan for the post-surgery procedure, depending on the complexity of the surgical procedure. Shortly after surgery, you will be able to wear an orthopaedic shoe and take your first steps. At home, you must gradually and progressively increase walking, alternating walks, and rest.

FOLLOW UP CHECK IN

After 25-30 days post-procedure, you will return to Bournemouth for a check-up. Mr Andrea Bianchi will check the progress of the healing process and provide personalised procedures (exercises, possibly medication, reduction in bandaging) to help reach a successful conclusion. Further check-ups may be required in the 3 months after surgery.

X-RAY CHECK UP

Around 45 days after surgery, you will have a routine check-up with the surgeon to assess how calcification, consolidation and alignment of the bones of the foot are progressing. An X-ray will be required to assess the recovery.

Did you know?

Patients are able to walk on the very same day of having their minimally invasive bunion procedure.



HAMMERTOE AND TAILOR'S BUNIONS

Hammertoe is a foot deformity that leads to the bending and downward curling of one or more toes, rather than lying flat and pointing forward. While this condition can affect any toe on the foot, it is most commonly observed in the second or third toes. Typically, Hammertoe develops gradually over time, but it can also be present from birth.

A Tailor's Bunion, also known as a bunionette, is a bunion that develops on the side of the little toe. This condition occurs when the bone at the base of the little toe, the fifth metatarsal, enlarges or protrudes outward.

TREATING A BUNION AND HAMMERTOE AT THE SAME TIME

It is possible to treat Bunions and Hammertoes at the same time within the same procedure. Consultant Orthopaedic Surgeon, Mr Bianchi can provide you with comprehensive information about the combined treatment, including a detailed explanation of the procedure and the estimated downtime involved.

TREATING YOUR HAMMERTOE OR TAILOR'S BUNION

Hammertoe/toe straightening surgery and Tailor's bunion surgery are performed in a similar method to the Minimally Invasive Bunion Removal Procedure. Surgical dental burrs are used to modify the bones of the foot to correct any deformity. The procedures are performed under local anaesthetic and do not require any fixative devices.

Patients will be able to walk immediately following the procedure and return to their everyday activities a lot quicker than traditional Hammertoe and Tailor's Bunion Removal Surgery.

To find out more information about treating Hammertoe and Tailor's Bunions, please speak with River Aesthetic's front of house team or give us a call on **0330 822 1998**.

FREQUENTLY ASKED QUESTIONS

WHAT IS A BUNION?

A bunion, medically termed Hallux Valgus, is a foot deformity that typically occurs around the big toe. It is recognised by a bony lump forming on the outside edge of the foot over time due to the big toe pushing against the next toe, causing the joint of the big toe to protrude on the side of the foot.

In severe cases, the big toe may point towards the other toes on your foot instead of remaining upright. Pain, redness, and swelling can be experienced, although the severity may differ from person to person.

CAN YOU PREVENT BUNIONS?

Since bunions are often influenced by genetics, it can be challenging to prevent them if you have a predisposition. However, you can take proactive steps to minimise their impact. Ensuring your shoes fit correctly and have a broad toe area is essential. Additionally, it is recommended to avoid wearing heels higher than 4cm to reduce the risk of bunion development.

WHAT CAUSES BUNIONS?

The exact cause of a bunion is often unknown but is typically categorised as either congenital or acquired.

A congenital bunion can result from deformities present from birth or an inherited foot type. Genetic factors can make you more susceptible to bunions, as they may run in the family or be influenced by the shape and anatomy of your foot.

An acquired bunion is typically caused by foot stress or injury, as well as uncomfortable footwear like narrow sole, high heels, or ill-fitting shoes. Ill-fitting and uncomfortable footwear can cause bunions to develop and worsen. This is because they exert excessive pressure on the toes, pushing the first and fifth toes towards the centre and compressing the others. High heels intensify this compression as they shift your weight towards the front of your foot. Additionally, wearing rigid shoes can hinder the natural movement of the toes while walking, weakening foot muscles and promoting the formation of bunions.

Medical conditions such as arthritis, rheumatoid arthritis or osteoarthritis can also make you more prone to developing a bunion.

WHY ARE WOMEN MORE LIKELY TO DEVELOP BUNIONS DURING PREGNANCY?

16 Genetics plays a significant role in bunion formation. If your mother or



grandmother suffers from bunions, you are more likely to develop them too. During pregnancy, the weight of the unborn child leads women to shift more weight towards the front of the foot for stability, potentially causing the front of the foot to collapse and increasing the risk of painful bunions.

Bunions, once formed, do not disappear without surgery. They can lead to chronic pain, swelling, and redness around the big toe joint, especially after wearing tight or ill-fitting shoes. To alleviate symptoms, wearing wide shoes with a low heel and soft sole, using bunion pads to reduce rubbing, and taking regular painkillers can provide relief from discomfort.

HOW DO SHOES CAUSE BUNIONS?

Ill-fitting shoes accelerate bunion development by exerting excessive pressure and compression on the toes, leading to the deformity. This compression worsens when wearing high-heeled shoes, as they shift body weight towards the front of the foot. Rigid shoes can also raise the risk of bunions by hindering natural toe flexion while walking, weakening foot muscles and encouraging bunion formation.

Choose shoes that perfectly conform to the shape of your feet, ensuring there is no squeezing or pressing on any part of your foot.

HOW DO I KNOW IF I HAVE A BUNION?

Bunions are usually identifiable by their appearance and the pain experienced. To determine the best course of action, we recommend booking a consultation to find out more about the bunionectomy procedure. An X-ray will be performed at the same time to further assess the condition.

CAN MEN GET BUNIONS?

Bunions can affect men as well, with one in ten of Britain's 15 million bunion sufferers being male. The majority of men's bunions are hereditary but ill-fitting footwear, collapsed arches, and flat feet can also contribute to the problem.

WHAT WILL HAPPEN IF I DON'T TREAT MY BUNION?

Neglecting treatment for bunions can lead to various further complications, such as heightened pain, difficulties with walking, wearing shoes, and the potential development of hammertoe.

In certain cases, if severe bunions are left untreated, they can lead to osteoarthritis in the big toe, resulting in pain, muscle weakness, and dorsal bunions.

WHY DO WE NOT USE SCREWS IN BUNION CORRECTION SURGERY?

Consultant Orthopaedic Surgeon, Mr Andrea Bianchi has pioneered a natural and biological bunion surgery method that avoids the use of fixative devices like screws, plates, or wires. His research spanning over 20 years has demonstrated the effectiveness of how instead leaving the geometric fractures made within the foot to heal naturally, has allowed for a faster recovery and improved joint mobility. The absence of screws means that the joint is not fixed in one place and can move freely. Instead, a specialised bandaging technique is used to help support the foot along with an orthopaedic shoe for a more natural recovery.

Bunion procedures that use screws force the patient's foot to heal in a way that may not be best for their load-bearing needs. This can result in pain, irritation or discomfort being felt long after the procedure and potential revision surgery is required.

Using screws also makes it a very invasive procedure. A large incision is required which can result in a larger, more prominent scar.

WHY IS THERE NO SCAR?

Our minimally invasive keyhole bunion surgery involves using small, surgical dental burrs to correct and modify the bones of the forefoot. These burrs are inserted through tiny incisions in the skin, approximately 2-3mm in size. The incisions do not need stitches and will heal naturally over time, similar to a small cut in the skin.

WHAT ARE DENTAL BURRS?

Dental burrs are specially designed for cutting hard tissues such as teeth or bone. They are typically made of materials like steel, stainless steel, tungsten carbide, and diamond grit.

In his revolutionary new keyhole bunion surgery, Mr. Bianchi utilises dental burrs to maintain a minimally invasive approach and minimise scarring.

DOES BUNION CORRECTION SURGERY HURT?

Bunion correction surgery is carried out under local anaesthesia, providing post-procedure pain relief for a considerable duration. Most patients report minimal pain after the procedure, and any discomfort experienced can be effectively managed with painkillers like paracetamol which will be provided in your aftercare pack.

CAN I HAVE BOTH FEET TREATED AT THE SAME TIME?

For a smoother recovery, we advise having your bunion correction procedures performed on one foot at a time. Mr. Bianchi does not recommend double bunion surgery. During your consultation, you can discuss and plan your bunionectomy treatment accordingly.

CAN YOU WALK AFTER BUNION SURGERY?

The Private Clinic's revolutionary bunion correction surgery enables patients to walk almost immediately after the procedure. Patients are encouraged to place their foot flat on the ground and walk around regularly to aid the bones in healing correctly. After the surgery, you can leave the hospital without the need for any walking aids or assistance. After the procedure, you will have the ability to walk, but it's essential to avoid overdoing it initially. If you experience pain or swelling in the foot, take time to rest with the foot elevated for relief.

WILL I NEED PHYSIOTHERAPY AFTER BUNION CORRECTION SURGERY?

Patients are recommended to resume walking soon after bunion correction surgery to promote a smooth recovery. During your minimally invasive bunionectomy recovery, you won't need physiotherapy or any other walking aids.

WHEN CAN I DRIVE AGAIN AFTER BUNION CORRECTION SURGERY?

Whilst you can walk after bunion correction surgery, we advise caution when resuming driving. It is recommended that you wait until you can wear your usual shoes, rather than the orthopaedic shoe provided post-procedure. Please note that driving too soon after surgery might invalidate your insurance in some cases.

DO YOU HAVE TO HAVE SURGERY TO CORRECT HAMMERTOE?

Rubber, leather, or silicone splints are frequently beneficial in addressing mild cases of hammertoe. Wearing shoes with a roomier fit or softer uppers can also alleviate some of the discomfort caused by corns or calluses. However, complete correction of hammertoe typically requires surgical intervention.

WHEN IS THE BEST TIME FOR BUNION TREATMENT?

The Private Clinic conduct bunionectomy procedures throughout the year. The optimal time for surgery is when it aligns with your lifestyle commitments. Whilst you can walk after the procedure, it's advisable to avoid scheduling surgery close to significant events or trips, as certain activities and prolonged standing may delay your recovery.

If you are interested in booking a Bunion Removal consultation to find out more, please speak with River Aesthetic's front-of-house team or give us a call on **0330 822 1998**.



OUR LOCATION



River Aesthetics Dorset, Unit 1, The Old Sorting Office, 5 Albert Road, Bournemouth, BH1 1AX

Our Bournemouth clinic is located within Bournemouth Town Centre on Albert Road.

Parking can be found on Richmond Hill or Richmond Gardens in the NCP car park.





River Aesthetics,
The Old Sorting Office,
Albert Road,
Bournemouth

reception@riveraesthetics.com
0333 363 6560