

# Minimally Invasive Bunion Surgery Offers A Rapid Return to Real Life!



PHOTO COURTESY OF FOOT & ANKLE CENTER OF ILLINOIS/ ILLINOIS LASER CENTER

**Dr. John Sigle**  
Foot & Ankle Center of Illinois/  
Illinois Laser Center.

**Submitted by**  
**John M. Sigle, DPM, FACFAS**  
**Foot & Ankle Center of Illinois/  
Illinois Laser Center**

It is estimated that over one-third of the US population suffers from a bunion deformity or has had one. Bunions can be painful and unsightly and can also hamper your social activities.

According to John M. Sigle, advanced foot and ankle surgeon

at the Foot & Ankle Center of Illinois, “Many of my patients come to see me because they have been suffering from a bunion for a long time. Most of them have already transitioned into a different type of shoe to help tolerate the pain or to end the embarrassment of an unsightly bunion. Unfortunately, many of them have also abandoned their favorite activities like jogging, walking, golf, tennis, yard work, and shopping.”

It’s not uncommon for patients to live with this condition for years before seeking treatment. According to Dr. Sigle, “Most people are hesitant to have surgery because they are fearful of general anesthesia, pain following surgery, possible complications, the lengthy time for recovery, and not being able to take care of responsibilities.”

The good news is that minimally invasive bunion surgery is gaining recognition from advanced foot surgeons across the county as an excellent alternative to traditional bunion surgery. The miniBunion®3D minimally invasive surgery is considered to be a revolutionary

option for bunion deformity correction.

According to Terrance M. Philbin, DO, at the Orthopedic Foot and Ankle Center, “Bunion surgery is thought to be a pretty painful surgery; but what we’re trying to achieve in the miniBunion®, is to use a smaller incision, protect the soft tissues, have less healing time, and make it a lot less painful because it is minimally invasive.”

This new procedure is accomplished by making a one- to one-and-a-half-inch incision that is two to four times smaller than the standard technique on the inside of the foot. This results in a lot less trauma to the surrounding soft-tissues. Once the misaligned toe is repositioned and aligned, a small micro-titanium implant is used to help stabilize the toe in the proper 3D position while healing.

Surgery is done on an outpatient basis and surgery is quick. Patients walk out in a surgical boot and remain in the boot for four to six weeks. Recovery is much faster than traditional bunion surgery and far less painful.

During surgery, patients are typically given a general anesthetic

with a block that lasts approximately eighteen hours so there is less pain or need for narcotics. Patients are usually sore for a few days but the pain subsides faster than traditional bunion surgery. Patients are able to endure post op pain by using over the counter drugs like Ibuprofen and acetaminophen rather than stronger pain killers.

According to Dr. Sigle, “We are also able to offer our patients laser treatments during the first two to four weeks following surgery to reduce the pain and inflammation and speed up recovery.”

Patients who elect to have this type of procedure are able to function faster and get back to their favorite activities. They are typically able to resume full activities within four to five months.

If you are suffering from a bunion that is causing pain and discomfort, schedule an appointment at the Foot & Ankle Center of Illinois to find out if you are a candidate for miniBunion® surgery.

Visit [myfootandanklecenter.com](http://myfootandanklecenter.com) to view Dr. Sigle’s podcast on this exciting new procedure.

## REVOLUTIONARY miniBUNION® SURGERY A RAPID RETURN TO LIFE!

- Same Day Surgery is Quick
- Walk Immediately
- Speedy Recovery
- Not So Painful

**SCHEDULE YOUR CONSULTATION TODAY!**



Springfield • Decatur • Carlinville • Shelbyville

[myfootandanklecenter.com](http://myfootandanklecenter.com) 217.787.2700