



Minimally Invasive Surgery

Overview

Minimally Invasive Surgery (MIS) is an in-office, cosmetically pleasing surgical procedure for treatment of common foot problems i.e. bunions, hammertoes and heel spurs. The incision is small with minimal skin scar. There is typically less discomfort postoperatively due to the small amount of soft tissue disruption compared to traditional surgery. Developed more than 60 years ago, popularity of this unique surgery increases as technology advances.

Advantages

- Local Anesthesia
- Minimally invasive
- Less postoperative complications including nerve injury, stiffness, vascular disruption
- More aesthetically pleasing scars
- Decreased recovery time allowing patients to walk sooner after surgery reducing cardiovascular complications
- More economic for the patient and insurance companies, since the patient avoids hospitals or outpatient facility
- Able to wear regular shoes and return to activities of daily living sooner
- Safer for elderly patients with medical conditions such as diabetes and decreased circulation
- Less risk of post-operative infection.

Traditional Foot Surgery Involves

- Large Incisions
- Extensive Dissection – potential for nerve injury, large scars, stiffness, and vascular disruption
- Longer recovery time with more post operative pain, swelling and risk of muscle atrophy.
- Reduced mobility which prolongs limited physical activity
- Procedures typically performed in a hospital or outpatient surgical center with additional costs for facility and anesthesia

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Common MIS Procedures

- Percutaneous Plantar Fasciectomy to treat heel pain
- Flexor Tenotomy to correct hammer toe
- Percutaneous Achilles Tendon Lengthening to increase ankle mobility and decrease pressure on forefoot
- Metatarsal Head Osteotomy to treat painful callouses or pressure ulcer on the bottom of the foot



Conclusion

MINIMALLY INVASIVE FOOT AND ANKLE SURGERY offers a safer and less invasive treatment for Bunions, Hammertoes, Heel Pain and Bone in patients who are looking for an alternative surgical approach with reduced postoperative pain and disability.

To schedule your consultation call today.

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