

PATIENT EDUCATION · MINIMALLY INVASIVE FOOT & ANKLE PROCEDURES

Minimally Invasive Bunion Surgery

A bunion is a progressive deformity at the base of the big toe that can cause pain, pressure, and difficulty with shoes. Minimally invasive bunion surgery uses small incisions and specialized instruments to correct the deformity for eligible patients. Dr. Wigley's approach emphasizes careful patient selection, imaging-based planning, small-incision techniques, and an efficient procedural workflow. Wigley Feet's trademarked Bunion in a Box™ system reflects our broader commitment to organized, consistent surgical workflow.



For educational illustration only.

At a Glance

Focus area	Minimally Invasive Foot & Ankle Procedures
Goal of care	A bunion is a progressive deformity at the base of the big toe that can cause pain, pressure, and difficulty with shoes.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Patients with a painful bunion that limits activity or footwear
- Those who have not improved with conservative care
- Eligible patients identified during a surgical consultation and imaging review

How We Evaluate

- Physical examination of the foot and big toe joint
- Weight-bearing x-rays to assess deformity severity
- Review of medical history, goals, and prior treatments

When to Seek Care

- Persistent pain at the base of the big toe
- A bump that is growing or worsening
- Difficulty fitting into shoes or recurring irritation

Treatment Options

- Conservative care such as wider footwear, padding, and orthotics
- Minimally invasive correction for eligible patients
- Traditional bunion surgery when more appropriate

What to Expect

1

A personalized surgical plan based on your imaging and goals

2

Guidance on activity, footwear, and recovery

3

Coordinated follow-up through the Wigley Feet team

Your Surgery Journey — Before, During & After

BEFORE SURGERY

- Complete any requested labs, imaging, or medical clearance
- Review your medications with us — some may need to be paused
- Follow eating/drinking instructions if anesthesia is planned
- Arrange a ride home and loose, comfortable clothing
- Wash the foot the night before; remove nail polish if asked

DURING SURGERY

- Local anesthesia numbs the area for most office-based procedures
- You may feel pressure or movement, but should not feel sharp pain
- Most procedures take roughly 30–90 minutes
- Our team monitors your comfort throughout

AFTER SURGERY

- A sterile dressing protects the surgical site
- You may receive a surgical shoe or boot for walking
- Mild soreness is normal as numbness wears off
- Written instructions and follow-up scheduling before you leave

Dr. Wigley's Post-Op Instructions

1. Keep the dressing clean, dry, and in place until we remove or change it — no peeking.
2. Elevate the foot above heart level as much as possible for the first 48–72 hours.
3. Apply ice as directed (about 20 minutes on, 20 off) over the dressing — never directly on skin.
4. Take medication exactly as prescribed; stay ahead of pain rather than chasing it.
5. Follow your weight-bearing instructions and wear the surgical shoe/boot whenever walking.
6. No soaking, baths, swimming, or getting the site wet until cleared at follow-up.
7. Call the office right away for: fever over 101°F, spreading redness, foul drainage, bleeding through the dressing, severe pain not relieved by medication, or new calf pain/swelling.
8. Keep every follow-up appointment — healing is monitored at each visit.

Important: These are general guidelines. Always follow the personalized instructions given to you at your visit — they take priority over this handout. Questions after surgery? Call (305) 895-9528.

Common Questions

Is minimally invasive bunion surgery right for everyone?

No. Eligibility depends on your exam, x-rays, deformity severity, medical history, and physician judgment. A surgical consultation is the first step.

Will I have no pain or downtime?

Every patient and procedure is different. We do not promise painless surgery or specific recovery timelines. Your care team will review what to expect for your situation.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- American Podiatric Medical Association — apma.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.