

NorthPointe Foot & Ankle
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Product Feature

Biofreeze

Biofreeze is a topical pain reliever that offers temporary relief of minor aches and pains associated with foot and ankle pain; back, shoulder and neck strains; joint discomfort; and muscle sprains and strains.

No prescription is needed to use Biofreeze, however, it is not available at typical retail outlets but is available at hands-on health care provider locations including NorthPointe Foot & Ankle.

Biofreeze is manufactured by Performance Health, Inc, a leading designer, manufacturer and marketer of a broad portfolio of products for the therapy, rehabilitation, health and wellness markets.

There is no Aspirin or Capsaicin in Biofreeze and it is vegetarian friendly.

Biofreeze products are listed with the U. S. Food and Drug Administration.



NorthPointe News

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What to Expect from Bunion Surgery

Bunions are misaligned big toe joints that swell and become tender, causing the first joint of the big toe to slant outward and the second joint to angle toward the other toes. Bunions tend to be hereditary, but can be aggravated by shoes that are too narrow in the forefoot and toe. Surgery is frequently performed to correct the problem.

Bunion surgery is almost always contemplated at some stage by just about all those who have them. Not all bunions need to be corrected to function pain-free, but most would benefit from a consultation, if only to get an opinion. The aim of surgery is to correct what was the cause of the bunion and prevent it from happening again.

There are many types of procedures that are performed to correct a bunion deformity. The type of procedure will be selected based on the severity of the deformity, the mobility of the joints, the quality of the bone, and the amount of arthritis in the joint.

Most bunion surgeries today are performed on an outpatient basis at a surgical center or hospital. Set aside the entire day for the surgery, although you may only be at the facility for a half day.

Prior to the surgery, patients will need to make some preparatory arrangements. These include:

- Seeing your Primary Care Physician (PCP) to make sure any other health conditions are stabilized prior to surgery and to document your complete medical history, which can then be given to the foot surgeon.
- Arranging your schedule to make sure you don't need to take any long trips for at least two to three weeks following the surgery.
- Lining up another person to drive you home and stay with you for the first 24 hours after the surgery.
- Stopping the use of any anti-inflammatory medications, such as aspirin, ibuprofen, or acetaminophen, for five to seven days before the surgery.

The night before the surgery, you will not be able to eat or drink anything after midnight. You should also wash your foot the night before and morning of the procedure to help reduce surrounding bacteria and prevent infection.

Bunion surgery is usually performed with a local anesthetic and is administered by an anesthesiologist. This may be combined with sedation medication to put you into "twilight" so that you are fully relaxed. After the surgery, patients are often given a long-acting anesthetic and pain medication, which is why someone else must drive the patient home.

The type of procedure you have will determine the degree to which you can put weight on the foot immediately after the surgery. Some patients, particularly those having base procedures, may have to use crutches; others may be sent home wearing a surgical shoe. The foot will be covered in a dressing, which you will need to keep dry for up to two weeks or until the sutures are removed.

During the first week after surgery, you will need to keep the foot elevated as much as possible. Ice packs also should be applied for the first three to four days to reduce swelling. Limited ambulation or walking is required over the first two weeks to promote healing. Most patients also are instructed on some basic exercises that need to be performed daily.

Sutures are generally removed about two weeks after the surgery in the doctor's office. Once the sutures are removed, you can bathe and shower normally, but will still need to wear a dressing over the wound to keep it clean and prevent infection.

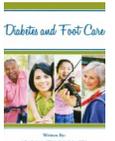
By the third or fourth week post surgery, swelling generally subsides enough for the patient to begin wearing a wide athletic shoe. It is important to continue daily exercises. If recommended, physical therapy may be initiated at this time. Once the wound has completely closed, you can use lotions to soften the skin in the surgical area.

By week five after the surgery, you will be able to walk short distances and do mild fitness activities. Continue following your surgeons instructions for increasing exercise and activities until you are back to normal.

Ask for a consultation if you have a painful bunion.



Order your **FREE** copy of
Diabetes and Foot Care at:
www.MichiganFootCare.com
It was written by the doctors of
NorthPointe Foot & Ankle.





Self Test for Foot and Ankle Problems

The Foot Health Foundation of America offers this simple quiz to pinpoint any warning signs of foot and ankle problems.

1. How much time do you spend on your feet each day?
 - a. Less than 2 hours
 - b. 2 to 4 hours
 - c. 5 to 7 hours
 - d. 8 hours or more
2. How old are you?
 - a. Under 40
 - b. Between 40 and 59
 - c. 60 and over
3. How would you describe your weight?
 - a. At ideal weight or less than 20 pounds overweight
 - b. 20 to 39 pounds overweight
 - c. 40 or more pounds overweight
4. Have problems with your feet or ankles ever prevented you from participating in:

a. Leisure/sports activities?	Yes	No
b. Work activities?	Yes	No
5. Have you ever received medical treatment for problems with your feet and/or ankles?
 - a. Yes
 - b. No
6. Do you regularly wear heels two inches or higher?
 - a. Yes
 - b. No
7. What types of exercise do you engage in or plan to engage in? (check all that apply)
 - a. Walking
 - b. Field sports
 - c. Winter sports
8. Do you have the appropriate shoes for your sport or sports?
 - a. Yes
 - b. No
9. Do you experience foot or ankle pain when walking or exercising?
 - a. Rarely
 - b. Sometimes
 - c. Often
 - d. Never
10. Do you:
 - a. Do you exercise in footwear that is more than one year old or in hand-me-down footwear? Yes No
 - b. Stretch properly before and after exercising? Yes No
11. Do you:
 - a. Have diabetes? Yes No
 - b. Experience numbness and/or burning in your feet? Yes No
 - c. Have a family history of diabetes? Yes No
12. Do you: (check all that apply)
 - a. Sprain your ankles frequently (once a year or more) or are your ankles weak?
 - b. Have flat feet or excessively high arches?
 - c. Experience pain in the Achilles tendon or heel or have shin splints (pain in the front lower leg)?
 - d. Have corns, calluses, bunions or hammertoes?
 - e. Have arthritis or joint pain in your feet?
 - f. Have poor circulation or cramping in your legs?

Now total your score and find out what it means. Please review the scoring parameters below.

What Does Your Score Mean?

Scoring

0 - 20 points: Congratulations! Your feet and ankles are very healthy and you can maintain your active lifestyle and/or exercise regimen. With proper attention and care your feet and ankles should remain healthy; however, you may want to schedule an annual exam with our office to ensure their long-term health. Furthermore, if you scored points for questions 4, 5, 9, 11 or 12, you should contact our office in the near future for a check-up.

21 - 40 points: Pay attention. Your feet and ankles are showing signs of wear, placing you in the moderate risk category. Although you can continue your normal activities, you should contact our office for a check-up. If you participate in a rigorous exercise regimen on a regular basis or plan to - or if you scored points for questions 4, 5, 9, 11 or 12 - you should contact our office soon to safeguard your foot and ankle health.

41 points or higher: Caution. Your feet and ankles are at high risk for long-term medical problems and you should contact our office as soon as possible. If you exercise, you should pay particular attention to your feet and ankles until you are seen by our practice. If you have not begun exercising, it is advisable to contact our office before undertaking any type of exercise.

Now that you've assessed the health of your feet and ankles, you are armed with knowledge that will enable you to maintain their health over a lifetime.

Have a Bunion?

Be aware of unrealistic claims that bunion surgery can give you a "perfect" foot. The goal of surgery is to relieve as much pain, and correct as much deformity as is realistically possible. Several studies have shown that 85-90% of those who have bunion surgery are satisfied with the results. Unrealistic claims and expectations are a common cause of dissatisfaction with bunion surgery.

To view a video of a bunion surgery performed by our doctors visit:
www.dmc.org/VideoLibrary/ShowVideo.aspx?Library=1&VideoID=95

HAPPY NEW YEAR!

Doctors Frederick, Hoffman, Kissel and Schey wish you and your family a safe, happy and healthy new year!