

BUNION SURGERY

PRIOR APPROVAL REQUIRED

Referral Criteria

Conservative management techniques have been employed for a minimum of 12 months.

These include.

- Avoiding high heel shoes and wearing wide fitting shoes that stretch
- Exercises specifically designed to alleviate the effects of a bunion and keep it flexible
- Applying ice and elevating painful and swollen bunions
- Using non-surgical treatment such as bunion pads, insoles, and orthotics to relieve pain (OTC)
- Appropriate analgesia

The ICB will only consider requests for the surgical correction of symptomatic bunions if the following criteria are met:

- The patient suffers from severe* and persistent pain and deformity that causes significant functional impairment despite following the above advice.

OR

- There is a higher risk of ulceration or other complications, for example, neuropathy, for patients with diabetes.

****Severe pain is defined as – very painful on minimal activity, e.g., walking for less than 30 minutes, unable to exercise or conduct daily living, poorly controlled analgesia.***

Supporting evidence must be provided with the prior approval request.

Significant functional impairment is defined as:

- Symptoms preventing the patient fulfilling activities of daily living or conducting vital domestic or carer activities

Smoking cessation is recommended for all patients considering the possibility of surgery.

For help to quit smoking please contact your local Stop Smoking Service or contact your GP Surgery

Primary care must obtain funding before referring patients to secondary care providers and secondary care providers must satisfy themselves that the patient has funding secured prior to seeing the patient. This is to ensure inappropriate out-patient appointments are avoided and patient expectations are properly managed.