



# Our Guide to Minimally Invasive Foot & Ankle Surgery

Ideal for Forefoot Issues Like  
Bunions, Arthritis, Hammertoes,  
Corns & Heel Spurs

# What is Minimally Invasive Surgery?

Our minimally invasive surgery involves no general anesthesia, no changes to your medications and minimal recovery time.

After using local anesthesia ONLY, our surgeons will make a small incision in the foot and insert a specially designed instrument through the incision. The whole procedure can be performed through this 1/8 - 1/4 inch incision.

Then once our surgeons are finished, a stitch closes the incision and a bandage protects the area.

Minimally invasive surgery is often a better alternative than traditional surgery as it causes less damage to your body's soft tissue. Therefore, the pain and the swelling is minimized while infection risks are also reduced.

When scheduling our surgeries, we can perform them at any time and can sometimes schedule them for the same day that you come in for a consultation. Further, if you have an issue affecting both of your feet, we can schedule your surgeries on back to back days.

## Minimally Invasive vs Traditional

### ■ Minimally Invasive Surgery

Recovery Time You'll walk out of surgery and be able to drive home with a post-op shoe for 4 weeks or less

Scheduling Can be performed anytime, sometimes even same day. We can even schedule both feet on back-to-back days

Anesthesia Local anesthesia ONLY, no general anesthesia needed

Incision Size Usually 1/8 inch incision

Surgical Instruments Burs & rasps used for minimally invasive procedures

Infection Risk Low

### ■ Traditional Surgery

Recovery Time 8-12 weeks per foot, which includes a portion of non-weight bearing time off your foot

Scheduling Needs to be scheduled far in advance, typically need to schedule both feet 12+ weeks apart

Anesthesia General or regional with or without narcotics with patient asleep during surgery

Incision Size 2-3 inches, requires stitches

Surgical Instruments Hammers, chisels, saws, wires, pins, screws and more

Infection Risk Higher

# Is This A New Type of Surgery?

Long story short? No!

Minimally invasive surgery has been around for over 40 years when the original American pioneer podiatrist began the development of this art. Throughout the years, other interested physicians and surgeons have made worthwhile contributions, ultimately reaching our modern-day state of the art methods. Cost effective, minimally invasive foot surgery is now a reality!

The United States, foot surgery is largely driven by industry which controls the training of residents and most large orthopedic organizations, meetings, and surgical labs.

Intuitively, industry has no monetary interest in training residents to do surgery without hardware, regardless of the outcomes.

This has led to most residents/surgeons being trained only to do traditional open surgery with expensive hardware and gradually pushed minimally invasive surgery out of the profession.

In the last several years there has been a gradual resurgence of MIS and we are doing our part to educate people like you and build advocates of patients with excellent results.

## What Can We Treat?

While we treat most foot conditions, we primarily focus on bunions, hammertoes, and heel spurs. Corns and calluses on your toes or on the bottom of your feet are typically caused by hammertoes and bunions. Through our minimally invasive procedures, we can permanently correct these ailments.

We can help you get into the shoes you want to wear to show off your new feet; just think how nice it will feel to wear open toed shoes and sandals again.



## Who Is Our Typical Patient?

The best part about our typical patient is that we have no typical patient! Each one of our patients is unique and we like it that way!

Some of our patients live a few blocks away from a surgery center, while others travel from across the country.

If you live far away, send us a photo of your feet and a description of your complaint to [info@northwestsurgerycenter.com](mailto:info@northwestsurgerycenter.com) or [info@thebunioncure.com](mailto:info@thebunioncure.com). Then our surgeons will get back to you to set up a virtual consultation if you would be a good candidate for minimally invasive surgery.

# What Does Our Process Look Like?

## 1. Free Consultation

Your first appointment will likely be a free consultation which will last about an hour long. We ask you to bring completed information forms (located on our website), along with your ID card and insurance.

Once you complete paperwork, our wonderful medical assistant or nurse will guide you to our consultation room and take x-rays of your feet.

Then one of our highly trained surgeons will listen to your concerns, review your x-rays and discuss the best minimally invasive treatment option to eliminate your foot pain.

We can even arrange a consultation followed by surgery in the same day.

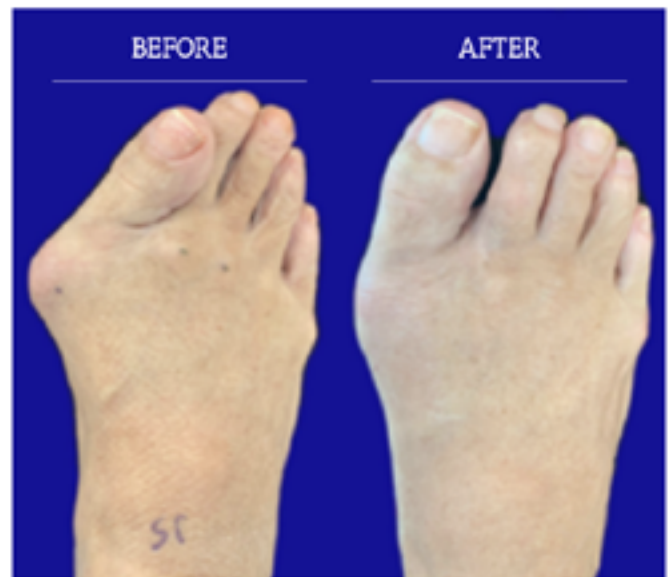
## 2. Treatment

On the day of your surgery, we don't ask you to fast or stop any medications. We don't use general anesthesia.

Instead, we use local anesthesia on your foot only to numb it. We also offer Ativan or Nitrous Oxide if you want it to relax your nerves.

One of our compassionate nurses will guide you throughout the pre-op evaluation, monitor you during surgery and walk you out of our operating room into the recovery area after the procedure is complete.

During recovery time, a family member may join you to hear post-operative instructions and get their questions answered.



## 3. Recovery

We will provide you with oral antibiotics to take after your surgery and a prescription for pain medication, though most of our patients don't need to fill it.

Recovery depends on the procedure. Simple bunions, hammertoes and heel spurs are dressed for about one week while more severe bunions or hammertoes could be dressed up to four weeks.

Patients are required to wear a post-operative shoe that we provide while they have the dressing on. So this could range from 1-4 weeks.

In most cases, you'll be able to drive your vehicle with the type of post-op shoe we provide!

In terms of activity, most of our patients will go back to work the day after surgery, but there are a few exceptions. If you are required to wear safety shoes on the job, you may need to modify your work duties or take time off.

Exercise restrictions will depend on your specific procedure, however most patients are able to stay very active and are never required to be completely non-weightbearing.

# Meet Our Surgeons



## CO - Dr. Jordan Sullivan, DPM

Dr. Sullivan has a patient first approach to foot care and believes in minimizing disturbances to the lifestyle of the patient. His approach blends new techniques and technology with the innate ability of the body to heal, to get patients back to their normal lives as quickly as possible.

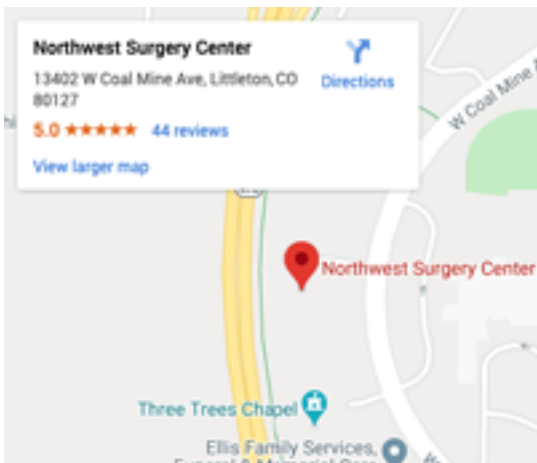


## WI - Dr. Brant McCartan, DPM

Internationally known for his research and commitment to progress in the field of podiatry, Dr. McCartan is committed to helping podiatric medicine to advance further through continual academic research in order to alleviate problems of the foot and ankle with minimal discomfort and inconvenience to the patient.

# Our Locations

## Denver, CO



## Milwaukee, WI





Ready to Schedule A  
Free Consultation?

Milwaukee, WI: 414-348-1362

Denver, CO: 720-782-0302