



## Brachymetatarsia Reconstructive Surgery

*Brachymetatarsia*, a condition characterized by an overlying toe on the foot is actually the result of a shortened long bone of the foot (metatarsal). Usually, not seen at birth, the condition may gradually develop with time becoming evident between ages four and fifteen. The cause is really unknown, but there is a genetic predisposition for most patients. Some are caused by a childhood injury to the foot. Often this condition is emotionally traumatic and embarrassing to the individual preventing them from wearing any shoe gear that would expose this condition.



My patients have enjoyed a wonderful physical transformation with the Reconstructive Surgery for Brachymetatarsia. It has been equally gratifying for me to have performed the surgery and watched my patients gain freedom from the "bondage" they suffered for so many years.

**External Fixation Brachymetatarsia** surgery is performed by most surgeons using an external fixation device (pin & rail) to gradually lengthen the bone over several weeks or months (depending on the amount of correction). Although the surgical procedure only takes an hour, the post-operative period is often a painful process lasting several weeks (as you turn the screw to lengthen your bone). See photo below...



*My method does not utilize this device. All the lengthening is performed at one time using a technique which allows for lengthening up to 20mm.*

### **One Stage Brachymetatarsia Surgery (Lee Technique)**

The technique utilized at the *Arizona Institute for Restorative Foot & Ankle* is a one stage technique whereby a piece of your own bone (harvested from your heel) is inserted to lengthen your short metatarsal. This allows lengthening of the short metatarsal bone to a full correction once the surgery is completed. A gradual stretching technique is utilized during the operation to prevent the risk of vessel and nerve injury. The procedure is performed with an experienced team of doctors, nurses and technicians over 3-5 hours at an accredited surgical center. Once the surgery is completed, you are sent back to your home on the same day to recuperate in the comfort of your own home.

The advantages are:

- No embarrassing device sticking out from your foot
- less risk of dislocation of the bone after the surgery
- less chance of infection
- lower maintenance (with callotaxis you have to tighten the device, which sticks out of your foot, every day until the desired length is reached)
- smaller incisions and more cosmetically appearing incisions
- no need for a painful bone graft from the hip area.
- overall healing period is much less painful.

Because of the distinct advantages, patients have traveled to Arizona from all over the world to have the procedure performed. The length of stay in Arizona is about 1-1 ½ weeks to allow for proper incision follow-up. PLUS you need to arrange for a podiatrist to follow up on your care out there in your area if you don't want to return to Arizona for 6 and 10 week visits. (Expect them to charge an office visit each time you see them and x-rays at 6 and 10 weeks. Often your insurance covers this).

Total post-operative period is typically 10-14 weeks being in a special non-weight bearing cast. Walking can typically resume around the 10th week after the day of surgery if the x-rays show adequate bone healing. On the 10<sup>th</sup>-14<sup>th</sup> week you are placed in a walking cast boot (removable) for about one week just so you can adjust. Then you can return to walking activities after that in regular lace up shoes. Swelling can last up to 6 months even though is no pain by this point.

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Only one foot can be corrected at a time as performing surgery on both feet would require a level of immobility that could cause blood clots in the legs.

Many insurances policies pay for the cost of this surgery, however, if you do not have coverage for this procedure the approximate cost of surgery is \$10,000. This includes surgeon's fees, surgery center, anesthesia and follow up in Arizona for 6 months. It does not cover follow up at another doctor's office. This price does not include cost for repeat surgery if complications arise.

The next step is to read the "Travel to Arizona" brochure to find out the exact steps for preparing and coming to Arizona for your surgery.

I hope that this brief information gives you an clearer understanding of how you can transform your feet. Please contact me should you have any further questions. I look forward to meeting very soon!

Sincerely,

A handwritten signature in black ink, appearing to read "Dr. Lee". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Diplomate, American Board of Podiatric Surgery  
Restorative Foot Surgeon

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