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In this issue: Minimally Invasive Foot Surgery, 5 Vacation Tips for Healthy Feet, Gout, Blog Post Updates and more.



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Fix your foot with fewer scars and shorter recovery times with MINIMALLY INVASIVE SURGERY

WHAT IS MINIMALLY INVASIVE FOOT SURGERY?

For the past 30 years, minimally invasive surgery techniques have been used in various locations around the world with the goal of shortening recovery times after foot surgery. Initially, these efforts met with a serious complication rate and a significant number of failed surgeries, unhappy patients, and frustrated doctors. However, more recently in Europe, techniques have been developed that have a very high success rate using more advanced instrumentation and more sophisticated procedure selection. Now, minimally invasive techniques have become mainstream and generally appear in any good surgery textbook. Using instruments that are specifically manufactured for this technique, live x-rays (called Fluoroscopy), and advanced internal fixation techniques these procedures can now be performed with much more confidence.

HOW IT WORKS

Basically these procedures are done using a small incision with Fluoroscopy instead of creating a larger incision to view ligaments and bones. These procedures can be performed very quickly, with minimal to no soft tissue damage, and correction can be achieved that is equal to open procedures. The whole surgery is done through incisions that are about the size of a button hole.



Benefits of Minimally Invasive Surgery

- Decreased Pain
- Decrease Swelling
- Almost No Scars
- Return to Normal Activity within 1 week
- Shorter time in surgery
- Less pain medication after surgery

WHAT ARE THE DISADVANTAGES?

Not many. Sometimes correction is unable to be achieved using minimally invasive techniques so open surgery techniques are used. All the normal surgical risks still remain, such as infection, numbness, need for more surgery, etc.

WHAT CAN BE FIXED WITH THESE NEW TECHNIQUES?

Not everyone is a candidate for these techniques but most people are. We have been using them for the past year and it has revolutionized how we look at deformities and their repair. Bunions, lesser toe deformities, central ball of foot pain, heel pain, flat foot pain, and other problems can be addressed with minimally invasive surgery. So, if you are considering foot surgery, give us a call. It might get you back on your feet quicker than traditional techniques.

Darren J Silvester, DPM

Next Step Foot & Ankle Clinic Podiatrist

Traveling Shoes



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DARREN J. SILVESTER, DPM

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Please note: Our offices will be closed July 6, 7 for professional training. We will also be closed July 17 – 21 for Dr. Silvester's daughter's wedding.



Your Next Step For Healthy Feet: www.NextStepFoot.com

Causes & Symptoms

GOUT IS A COMMON FORM OF ARTHRITIS THAT CAUSES JOINTS TO SWELL, HEAT UP AND BECOME STIFF.

Uric acid builds up in the body, causing gout. The acid is developed during the break down of purines, which come from your body's tissues and certain foods such as dried beans and peas.

Gout usually begins at your big toe, but can spread to larger joints like elbows and knees quickly.

JULY

Your first gout attack may pass in just a few days. However, subsequent attacks usually last longer and happen more frequently.

If uric acid builds up in your system, it can form needle-like crystals, which can cause extreme pain.

FOODS THAT PREVENT GOUT

GOUT

- Presents as a painful form of arthritis
- Caused by excess uric acid in tissues
- Frequently affects large joint of big toe although any joint can be affected
- Acute gouty arthritis is sudden onset of joint pain caused by inflammatory reaction to precipitated uric acid deposits in a joint
- Occurs predominantly in men
- Tends to run in families

Red, swollen joint



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5 Vacation Tips for Healthy Feet

Nothing ruins a summer vacation faster than a painful or injured foot, but a few simple steps can help keep your feet safe and injury-free so you can enjoy your time off:

1. Wear comfortable shoes to the airport. You never know how long you will wait in line, how far you will walk to the terminal or if you will need to run to make a connecting flight. Loose-fitting flip-flops and sandals increase your risk of tripping, falling and spraining your ankle. Sprains should be evaluated by a doctor within 24 hours to ensure proper healing.
2. Wear socks with your comfortable shoes. Not only do socks protect skin from shoe friction that can cause blisters and calluses, they can also keep you healthy. Walking barefoot through an airport metal detector exposes your feet to bacteria and viruses that could cause plantar warts and athlete's foot.
3. Avoid bringing new shoes on vacation. If your vacation includes walking tours, hiking or dancing, wear worn-in shoes that support and cushion your feet.
4. Check your children's shoes for fit and comfort. Make sure their shoes are not too big or too small, and ensure that they provide proper arch support and shock absorption.
5. Stretch your legs and wear compression socks on the plane. Stretching will help circulate the blood to prevent blood clots and DVT. Wearing compression socks on the plane can help prevent blood clots / DVT by pushing blood through the legs and back to the lungs and heart.



"Traveling to Disney, I took three pairs of sandals with me. Two pairs of Vionics and one other pair. Halfway through the beginning of the first day, I had to switch to my Vionics because my feet and legs were so worn out from all the walking. The support that my Vionics provided my feet and legs allowed me to continue my Disney vacation without tired feet and legs." - M.S. Pleasanton, TX

Vionics are available for purchase at Next Step Foot & Ankle Clinic



At Next Step Foot & Ankle Clinic, we provide Foot Care for Children, Teens, & Adults.

Don't ignore past injuries to the feet and ankles.

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