

IATROGENIC HALLUX VARUS - COMPLICATION POST HALLUX VALGUS CORRECTION -A RARE CASE REPORT

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Introduction: Hallux varus is a rare postoperative consequence of surgically treated hallux valgus. It occurs most frequently as a result of excessive surgical correction of musculo-ligamentous imbalance around the metatarsophalangeal joint (MTPJ) of the great toe. Conservative management should be offered as first line treatment and implemented early to avoid the disease progression which leads to intolerable severe pain due to joint degeneration. Surgery is indicated when there is failed conservative treatment or more advanced deformity. Surgery procedures include soft tissue procedure or realignment procedure, bony correction and reconstruction and to the end stage, i.e. joint degeneration with the hallux varus deformity, arthrodesis will be the ideal option.

Discussion: Here, we discussed a female patient with 10 years history post hallux valgus surgery complicated with hallux varus associated with pain and difficult shoe wears. Operative management was offered to her and there were no immediate post-operative complications.

Conclusion: In conclusion, hallux varus is a poorly tolerated foot deformity. Care must be taken to identify the etiology from both clinical and radiographic examination. Successful treatment of the deformity requires the surgeon to address each component of the often multifactorial cause. Patients' expectations should be realistic otherwise surgery should be indicated. With proper planning, optimal surgical care, many of the issues associated with hallux valgus failure can be avoided.