



Exploring the Mechanism of Podiatric Surgery and Its Impact on Patient Health

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Received date: 22 May, 2023, Manuscript No. CRO-23-107082;

Editor assigned date: 24 May, 2023, PreQC No. CRO-23-107082(PQ);

Reviewed date: 08 June, 2023, QC No. CRO-23-107082;

Revised date: 16 June, 2023, Manuscript No. CRO-23-107082(R);

Published date: 26 June, 2023 DOI: 10.35248/cro.1000083

Description

Podiatric surgery, also known as foot and ankle surgery, is a specialized branch of medical science dedicated to the diagnosis, treatment, and prevention of various foot and ankle conditions. The feet and ankles are complex structures that play an essential role in mobility and overall well-being. When these areas are affected by injuries, deformities, or diseases, it can significantly impact a person's quality of life. Podiatric surgery aims to alleviate pain, improve function, and restore mobility in patients suffering from a range of foot and ankle issues. The first step in podiatric surgery is a comprehensive assessment of the patient's condition. A qualified podiatric surgeon evaluates the patient's medical history, conducts a physical examination, and may order imaging tests like X-rays, Magnetic Resonance Imaging (MRI) or Computerized Tomography (CT) scans to get a clear picture of the foot or ankle condition. This assessment helps determine the most appropriate surgical approach.

After a thorough evaluation, the podiatric surgeon formulates a pre-operative plan tailored to the patient's specific needs. This includes selecting the surgical technique, considering the patient's overall health status, and discussing potential risks and benefits. Podiatric surgeries are typically performed under local or regional anaesthesia, ensuring the patient's comfort during the procedure. In some cases, general anaesthesia may be used, especially for complex surgeries or when the patient prefers to be unconscious. Once the anaesthesia takes effect, the surgeon makes precise incisions to access the affected area. Minimally invasive techniques are preferred when suitable, as they result in smaller incisions, reduced tissue trauma, and quicker recovery.

Depending on the condition being treated, the podiatric surgeon may perform various procedures, such as bunionectomy, hammertoe correction, Achilles tendon repair, ankle fusion, or joint replacement. These interventions address issues like deformities, fractures, ligament tears, and degenerative conditions. After completing the necessary repairs or reconstructions, the surgeon carefully closes the incisions using sutures, staples, or adhesive tape. Proper wound closure is important for optimal healing and reducing the risk of infection. Post-surgery, patients receive specific instructions regarding wound care, weight-bearing restrictions, and follow-up appointments. Physical therapy and rehabilitation may be prescribed to aid in regaining strength, flexibility, and function in the treated area.

One of the most significant impacts of podiatric surgery is the relief from chronic pain that patients experience. Conditions like bunions, heel spurs, and arthritis can cause debilitating pain, hindering daily activities. Surgery can alleviate pain, enabling patients to return to a more active and pain-free lifestyle. Foot and ankle problems can severely restrict a person's mobility. Podiatric surgery addresses deformities, joint issues, and injuries, restoring normal function and improving the patient's ability to walk, run, and engage in physical activities.

Chronic foot and ankle conditions can lead to a reduced quality of life, affecting work, hobbies, and social interactions. Successful podiatric surgery can significantly enhance a patient's overall well-being, enabling them to participate fully in daily activities. Ignoring or delaying treatment for foot and ankle conditions can lead to complications like chronic pain, joint damage, and gait abnormalities. This surgery can prevent these complications and preserve the long-term health of the affected area. Podiatric surgery can restore proper alignment and function to the foot and ankle. This is particularly beneficial for athletes or individuals who rely on their feet for work or recreational activities.

Conclusion

Podiatric surgery is a specialized field that plays a vital role in improving the health and well-being of patients suffering from foot and ankle conditions. Through careful assessment, planning, and skilled execution, podiatric surgeons address a wide range of issues, from deformities to injuries, providing pain relief, improved mobility, and enhanced quality of life. The mechanism behind each surgical procedure is designed to optimise patient outcomes, and the positive impact on patient health is evident in the restoration of function, correction of deformities, and prevention of complications. As advancements in medical science continue, podiatric surgery will continue to be a valuable tool in enhancing patient health and overall life satisfaction.

Citation: Philips E (2023) Exploring the Mechanism of Podiatric Surgery and Its Impact on Patient Health. Clin Res Orthp 7:2.