

12 Benefits of podiatry Advertising feature

Life keeps us on our toes and that can hurt

When a day's wear and tear sees us no longer looking our best, there's often no greater victim than our feet. Even a relatively easy day means work and strain for our tootsies.

Over time this can result in some unsightly and painful issues.

Cracked or ingrown toenails, blisters, calluses and bunions are the sorts of problems that can keep us in socks 24/7. If left untreated, however, problems can escalate into serious long-term conditions: back pain, advanced foot and ankle pain and musculoskeletal issues.

It's natural to drop into your local salon or podiatrist the next time you want to go open-toed, however you may find yourself in the office of Sydney Foot Surgery podiatric surgeon Dr Haydar Ozcan.

"If you've got uncomfortable feet, I'm your last resort," he says.

Treating feet can involve a trip to the podiatrist, bulky orthopaedic shoes or surgery. It's a long road to walk and at the end you may find that pain persists.

"Although patients may not have acute pain, they often complain of having difficulty getting into normal shoes and aren't able to be active in life," he says.

If that's the case, Dr Ozcan says it may be time to go beyond traditional treatments. Podiatric surgery, a specialist field among podiatrists, has caused a stir in the past 10 years with a relatively new method of keyhole surgery known as minimally invasive surgery.



Dr Ozcan is only the second doctor in Australia to be qualified to perform the procedure. "Our understanding of foot pain has improved immensely in recent years and also the ways to treat it," he says. "With the help of innovations, it's now

much safer and easier to carry out surgery on feet."

In the past, foot surgery involved large incisions, metal poles and plates, a long hospital stay and a longer recovery. Even then, results varied.

If foot problems are left untreated they can escalate into serious long-term conditions.
Photo: Mike Watson Images Limited

"Many of my patients come to me for corrective surgery," Dr Ozcan says. "They've had the old methods of surgery in the past and ended up with painful irregularities."

Other problems that walk into Dr Ozcan's waiting room include hammer toes, bunions, and children with flat feet. "That's particularly worrying because in many cases, doctors have told them they might grow out of it," he says. "It's just wrong."

Dr Ozcan says some patients don't at first believe that minimally invasive surgery can fix their problems.

"These are people, typically between 40 and 65 years of age, who can't walk. They've lived with these problems for decades and they've been told there's nothing that can be done."

With the advent of minimally invasive techniques, Dr Ozcan says he is changing lives.

"Because it's a same-day procedure, my patients are so excited when they're able to get up and walk more comfortably afterwards," he says.

"Three weeks later, they send me pictures of their feet in high heels or sport shoes. It makes me so happy to be able to do that for them."

Any surgical or invasive procedure carries risk. Before proceeding, you should seek a second opinion from an appropriately qualified health practitioner.

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Dr Haydar Ozcan

Podiatric Foot & Ankle Surgeon, Minimally Invasive (Key Hole) Surgery, Adult and Children Reconstructive Foot Surgery

Fellow of Australasian College of Foot & Ankle Surgeons

Fellow of Academy of Minimally Invasive Foot & Ankle Surgeons (USA)

Dr Haydar Ozcan is a Podiatric Foot & Ankle Specialist Surgeon who also holds a Fellowship in Minimally Invasive (Key Hole) Foot Surgery from USA. He is an expert in adult and juvenile bunions, hammer toes, deformed feet, flat feet, ingrown toe nails and arthritic joints. His techniques are aimed to provide patients faster recovery, long term comfort and cosmetically pleasing results. He operates in private hospitals with a surgical team.



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