

The geko device: a novel treatment for the reduction of post-operative swelling following forefoot surgery

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Abstract

A 40 year old female with pain over the right first metatarsal was diagnosed with Hallux Valgus and had a right scarf and Akin osteotomy. A geko device was fitted to help accelerate the reduction of postoperative swelling which can delay return to function, interfere with shoe wear, compromise wound healing and increase patient anxiety. The device was used for 10 days with daily patient review. Patient tolerability of the geko device was measured along with measurements of oedema, pain, movement, and function. The device was well tolerated and at 4 days postoperatively, swelling reduced significantly and Visual Analogue Scale (VAS) pain scores showed a clinically significant improvement from 8/10 to 1/10, (VAS 110:0 no pain, 10 most pain). Both patient and surgeon reported they thought the device was extremely beneficial. This initial case study illustrates that the geko device may be useful in helping to reduce swelling following foot surgery and this encouraging outcome warrants further investigation.