



DR. DIRK NOWAK



# TWO MINUTE BUNION BEATER

## CELEBRATING ITS 10 YEAR ANNIVERSARY IN THE UK

**Around 15 million Britons suffer from bunions, painful bony swellings at the base of the big toe.**

Traditionally, the only treatment has been painful surgery with a lengthy recovery.

2007 the European Foot Institute offered a new procedure to UK patients, in Worthing, West Sussex. Mr. Nollau MD first operated out of a BMI hospital in Worthing and moved for more flexibility to Hove.

2014 Mr. Nowak MD took over the European Foot Institute and has returned to Worthing to a new private clinic (Worthing Laser & Skin Clinic) which only opened last year, offering excellent facilities to all patients.

Mr. Nowak trained under Professor Boesch, who invented the method more than 15 years ago and has since operated using this technique with remarkable success (there are many surgeons these days offering the so called Boesch technique, but not having trained under Professor Boesch himself). Mr. Nowak's experience and his personal approach to the individual has made him very popular not just in the UK but also in other countries.

He has modified the technique slightly to bring it up to date and offers this operation either with or without sedation. Patients remain in the clinic after the operation for 45 minutes to an hour and can then walk out of the clinic on their own feet. We strongly believe that returning home after an operation does help with the recovery. Over the next couple of weeks, we offer constant support, either by phone, WhatsApp or email. This reassures the patient; and any worries are being addressed straight away, rather than waiting days before being able to speak to the surgeon.

Most private insurance companies cover the cost of this operation. For self-paying patients, one foot £ 4200 and for both £ 4700 all inclusive.

Mr. Nowak MD also offers the Hallux Rigidus procedure, which the European Foot Institute introduced 2009 into the UK. This is a technique, rather than fusion of the joint, we use an implant made out of polyvinyl alcohol and saline with biphasic properties. Again, a procedure allowing you to leave the clinic after a short recovery period. Since the medical study of the Cartiva company, with many patients provided by the European Foot Institute, private insurance companies have added this procedure to their accepted treatments.

The cost of this operation for self-paying patients is: £4650 all inclusive.

*For more information please contact:*

**Susann Parker 0203 3181834**

*Or visit our website:*

**[www.europeanfootinstitute.com](http://www.europeanfootinstitute.com)**

*Email:* **[info@europeanfootinstitute.com](mailto:info@europeanfootinstitute.com)**

*or visit our Facebook page.*

“ Dr Nowak is an amazing surgeon. He is wonderfully personable, reassuring and informative. He uses the best techniques available and is the only choice if you need foot surgery. He is also supported by a fantastic team that go out of their way to ensure you receive a full and complete service, and always with a big smile. Forever grateful for my experience and the outcome! ”

European Foot Institute  
LONDON - MÜNCHEN