



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

This much is true: Nobody likes getting [foot surgery](#).

Sure, you may understand that it's the best choice for your condition. And in the end, you will probably be happy with the results of your surgery. (Most people are.)

But that doesn't mean it's particularly fun to hear the news that we need to operate on your foot. And unfortunately, anxiety about even the *potential* for surgery sometimes causes people to drag their feet (metaphorically speaking) about seeing a podiatrist.

Ironically, waiting too long to seek care only makes it *more* likely in the end that we'll have to operate.

In order to clear up some of the common misconceptions and educate you about the thought process that goes into surgery, the available alternatives, and the benefits and risks, please read on.

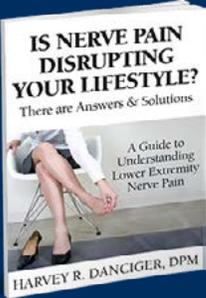


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Always a Last Resort

[Dr. Harvey Danciger](#) is proud to call himself a foot surgeon. He's performed *thousands* of foot and ankle surgeries in his career, starting all the way back to his training. And he's continued to train in new and advanced techniques and procedures throughout the years, including delicate peripheral nerve surgeries.

And yet, despite all this training and preparation, we will *never* rush anyone into surgery. It's always a last resort.

While yes, sometimes foot surgery is absolutely necessary, we're guessing your preference would be to avoid it if possible. Good news—that's our preference too! And for as much training as we have in surgical procedures, we've also invested heavily into the most advanced non-surgical procedures available, too. (More on that in a minute.)



So how do we determine whether or not your condition has “crossed that line” and gotten to the point where surgery should be considered? That’s a complex question that has to be determined on a case by case basis, but in basic terms it really comes down to whether or not you’ve checked the following two boxes:

- 01 Your pain or condition is impairing your lifestyle in a meaningful way.** (Constant pain, unable to perform daily tasks, unable to participate in activities that are important to you, unable to live your preferred lifestyle, etc.)
- 02 You have already tried all applicable conservative treatment options.** If these don't work well enough for you, surgery may be your only remaining option.

As we alluded to earlier in this newsletter, the longer you wait to seek our help, the worse your condition is likely to get. And the worse it gets, the more likely conservative treatments will fail and you'll have to check both boxes. So don't let fear stop you from getting the care you require!

MEET YOUR DOCTOR

DR. HARVEY DANCIGER



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

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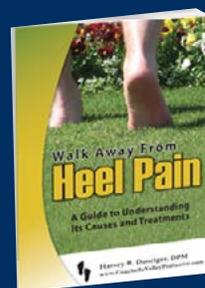
Alternatives to Surgery

So as promised, let's talk a little bit about surgical alternatives.

Often times, in the really early stages of a condition that often leads to surgery—bunions, hammertoes, flat feet, and other deformities, for example—you can stop the condition from getting worse (or at least slow the rate that it gets worse) using really simple strategies. Sometimes simply switching to a roomier and more supportive pair of shoes is the most important thing you can do.

Similarly, nagging pain from things like plantar fasciitis can usually be resolved through non-invasive treatments like physical therapy, stretching exercises, custom orthotics, and medications. Again, intercepting these problems early reduces the risk that they will become chronic (and much more resistant to non-invasive care).

For those painful conditions that don't respond to more traditional conservative remedies? We may recommend a more advanced option, such as MLS laser therapy. This cutting-edge device uses robotically controlled lasers to stimulate your body's natural healing mechanisms, and has shown great success at relieving pain and healing even very serious and stubborn soft tissue injuries—cases that would have likely required surgery in the past.



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COMPLETELY
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Weighing the Benefits & Risks

So let's say you've checked those boxes. Your pain isn't going away. Conservative treatments haven't stopped it. And now it's keeping you from being able to live your life on your own terms.

Surgery now likely becomes the next logical step. But as with any elective procedure, there are risks and benefits to weigh. It's important to consider all your options, and the potential pros and cons, so that you can make an informed decision about your healthcare.

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The most obvious downside with surgery is the downtime. There's no way around it—your body is going to need some time to recover. Often this means a few weeks to a few months where you may be unable to bear weight, drive, play sports, or perform certain other activities. This may require you to take time off work, or temporarily rely on family members and caregivers to help you with daily tasks.

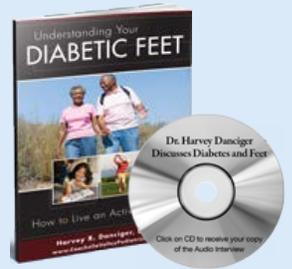
There are also certain risks that are inherent to any surgery, including pain, infection, and other complications. Certain medical conditions that you might have could increase your risk.

That all being said, surgery has many benefits. The good news is that most of the surgeries we perform (including bunion surgery, flat foot reconstruction, etc.) have extremely high rates of success and patient satisfaction.

While no one particularly enjoys the immediate post-surgical recovery period, we think 6-8 weeks off your feet is a pretty small price to pay for the possibility of years (or even decades) of future pain relief and enhanced quality of life!

Of course, before any kind of treatment is administered—surgery or otherwise—you'll want to make sure you thoroughly understand your condition and all the options that are available to you. And that's why you should trust your feet to Dr. Harvey Danciger and his team.

We may be biased, but we truly believe that no one in the Coachella Valley area is more experienced, more qualified, and better trained to care for you than we are. If you are currently experiencing foot pain, please call us at (760) 568-0108 to schedule an appointment.



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