

Greater Texas Foot and Ankle Specialist Offers Regenerative Injections

Frisco podiatrist Dr. Dean Kim now provides stem cell and regenerative medicine options to support Achilles tendon healing and faster recovery.

FRISCO, TX, UNITED STATES, August 10, 2026 /EINPresswire.com/ -- Greater Texas Foot & Ankle Specialist, the Frisco-based podiatry practice led by board-certified podiatrist and foot and ankle surgeon Dr. Dean Kim, DPM, FACFAS, ABPM, is helping North Texas patients better understand what to expect from bunion correction surgery. Through detailed, patient-focused guidance, the practice is addressing common questions about recovery timelines, healing milestones, and minimally invasive treatment options.

One of the most common questions Dr. Kim hears during consultations is how long recovery takes after a bunionectomy. The answer depends on several factors, including the severity of the deformity, the specific procedure performed, the patient's overall health, and how closely post-operative instructions are followed.

Many patients can return to light or desk-based activities within several weeks, while walking comfortably in regular shoes and returning to more demanding activities may take several months. Full recovery commonly takes three to six months, although swelling and other signs of soft-tissue healing may continue longer. Dr. Kim provides each patient with an individualized recovery plan based on the procedure and their progress during follow-up appointments.

Minimally invasive bunion correction uses small, puncture-like incisions and specialized instruments to realign the affected bones with less disruption to surrounding tissue than traditional open approaches. For appropriate candidates, this technique may help reduce early pain, swelling, downtime, and visible scarring while supporting an earlier return to weight-bearing activity.

Dr. Kim has advanced training and a specialized focus in minimally invasive foot surgery. Many procedures are performed in the practice's in-office surgical suite, and eligible patients may be able to walk the same day in a protective surgical shoe. Each patient receives personalized instructions for footwear, activity, rehabilitation, and follow-up care.

Patients also frequently ask how long a bunion takes to heal and when they can expect relief from the pressure and discomfort it causes. Bunion correction is designed to address the

underlying structural misalignment rather than simply masking symptoms. However, the bones and surrounding soft tissues still require time to heal. Supportive footwear, prescribed orthotics when appropriate, follow-up imaging, and adherence to post-operative instructions can all contribute to long-term recovery.

Not every swollen or painful big toe is caused by a bunion. Ensuring an accurate diagnosis before recommending treatment is an important part of Dr. Kim's patient-centered approach. Common causes of a swollen big toe can include gout, turf toe, arthritis, bursitis, an ingrown toenail, infection, and other injuries or inflammatory conditions.

Greater Texas Foot & Ankle Specialist offers on-site digital X-rays and comprehensive clinical evaluations to help distinguish between these conditions and determine the most appropriate treatment. Additional imaging may be ordered when necessary.

Greater Texas Foot & Ankle Specialist serves patients from Frisco, Plano, McKinney, and communities throughout the greater North Texas region. The practice accepts a variety of HMO, PPO, and other health insurance plans. Because coverage and referral requirements vary, patients are encouraged to verify their individual benefits before scheduling.

To request an appointment, call (469) 384-2135 or visit gtxfoot.com.

Regenerative medicine gives us one more powerful, minimally invasive tool to offer patients who are tired of living with Achilles pain but want to exhaust every non-surgical option first. Our goal has always been lasting healing, and stem cell injections fit naturally into that philosophy of treating the whole patient, not just the immediate symptom.

About Greater Texas Foot and Ankle Specialist:

Greater Texas Foot and Ankle Specialist is a board-certified podiatry practice in Frisco, TX, founded by Dr. Dean Kim, DPM, FACFAS, ABPM, one of a select group of surgeons worldwide who specialize exclusively in minimally invasive foot and ankle surgery. The practice is built on a foundation of compassionate, patient-centered care, offering advanced treatments from regenerative injections and custom orthotics to bunion correction and sports medicine in a warm, welcoming environment. Patients throughout North Texas trust Greater Texas Foot and Ankle Specialist for expert guidance, faster recovery, and lasting results.

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