

BUNIONS/BUNIONETTES

- Both men and women can develop bunions, although more commonly seen on a woman's feet.
- A bunion is a swelling or enlargement of the large toe joint on the inner side of the foot.
- There may be swelling, redness and deep aching pain associated with the bunion joint, causing a bursitis.
- A large percentage of the population is likely to develop a bunion.
- Never hesitate to ask your podiatrist any questions concerning your bunion problem or anything about your feet.

WHY BUNIONS DEVELOP

- Bunions develop from a weakness in the bone structure of your foot.
- When heredity may be the underlying cause, the joints have a tendency to move out of proper alignment given the instability of the bones and ligaments that form the various joints and arches in your feet.
- Shoe gear can aggravate bunions and speed up the development of a more serious and significant deformity.
- When bunions become more severe, the joint moves out of alignment, arthritis damages the joint space, the large toe moves sideways towards the second toe, and the foot tends to widen across the metatarsal area.

STAVING PROGRESSION OF BUNIONS

- Bunion deformities should be recognized early and evaluated by your podiatrist for the underlying weakness in the structure of your foot.
- Controlling the cause of the bunion deformity is important so that other symptoms do not occur or become more severe.
- Some recommendations can include exercises, alteration of shoe gear or prescription orthotics, in an attempt to stabilize the weakness and improve the function of the foot.
- Anti-inflammatory medication and/or cortisone injections could become necessary during the acute phases of the bunion pain.

WHEN SURGERY IS RECOMMENDED

- If the bunion deformity progressively increases, surgery may be recommended.
- Your podiatrist will discuss the surgical procedure best suited for your particular bunion deformity.
- There are many different types of bunion surgical procedures now available, including:
 - a) Mild Bunion Surgery, which usually requires removal of a small portion of the enlarged bone.
 - b) Moderate Bunion Repair with Osteotomy
 - c) Severe Bunion Repair with Base Wedge Osteotomy
 - d) Arthritic Bunion Repair
 - e) Many more procedures, some using pins, stainless steel screws, staples, wires or artificial joint implants to realign the joint while the bone heals.
- All surgeries involve risks, and your doctor will discuss these with you prior to the surgery.
- Most surgeries talked about here can be performed in an out-patient setting.

TAILOR'S BUNION DEFORMITY & TREATMENT

- A Tailor's bunion is a small bunion at the base of the little toe, known as a Bunionette.
- Bursitis, a congenitally wide-head of fifth metatarsal bone or a bowing or splaying of the bone, could be causes of the "bump" on this area.
- In mild cases, the pain is normally relieved by shoes that fit properly and accommodate the deformity.
- Bursitis may be treated with anti-inflammatory medications, and/or injections, or physical therapy.
- In severe conditions, surgery becomes necessary. This could mean a procedure known as an Osteotomy/corrective surgical fracture of the bone.