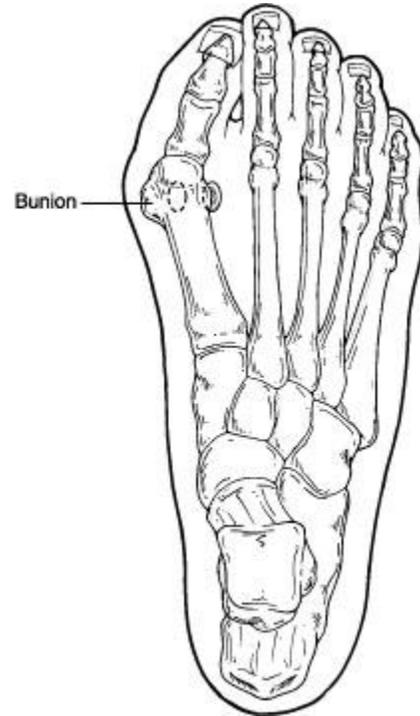


## Bunions

### What is it?

A bunion is a prominence that is located on the medial side (inside) of the foot just behind the big toe. It is caused by the big toe leaning toward the second toe and over time progresses, due to this misalignment, causing the bump that people associate with bunions. As this condition progresses it can lead to a larger “bump” and increased levels of discomfort. The size of the “bump” does not always correlate with the level of pain where some patients that have a relatively small bunion can have a significant amount of pain that affects their daily life just as much or more than someone with a very large deformity.



### What causes it?

Bunions are usually caused by faulty mechanics in your foot structure. These are likely inherited deformities. Many times people that have bunions state that their parents or grandparents also had bunions. A common misconception is that shoes cause bunions. While shoes can put pressure on the foot and cause pain and could also speed progression of the deformity by pushing on the big toe, shoes are usually not the cause of the bunion.

### What symptoms will I experience?

Pain in the area of the bump - this can be worsened by tight shoes that push on the area. This is a very common complaint that people with bunions present with. Pain that is associated with bunions almost never goes away on its own and usually progresses over time.

Redness and irritation - again this is usually caused by rubbing of the bump in the shoes

Burning or numbness

### Diagnosis

While most patients have a pretty good idea that they have a bunion, there are some other problems that can cause similar symptoms in that area. The best way to get an accurate diagnosis and appropriate treatment is to come see the doctors at Hosey Foot and Ankle Centers. We will be able to accurately assess the problem and offer the best course of treatment for your problem.

### Non-surgical Treatment

Changing Shoe Gear - Some types of shoes cause an increase in symptoms compared with others. Wider shoes usually provide some relief, as do shoes that are not as firm in the area near the bunion.

Padding - Sometimes padding can cause some relief by cushioning the area so there is not as much rubbing. The downside to padding is that occasionally it takes away some of the space in shoes and could cause some more pressure at the painful area.

Activity Modifications - Changing your activity level to stay off your feet more can help alleviate some of the pain. The downside to this is that it is preventing you from your normal routine. When the pain from the bunion causes patients to have to stop doing some of the activities that they enjoy is exactly when they decide to come to Hosey Foot and Ankle Centers to seek treatment.

Ice - Can help decrease some of the inflammation

Medication - Sometimes NSAIDs such as Advil, Motrin, or Aleve can help to take away some of the pain and inflammation associated with a bunion

Orthotics - Sometimes this can help to put your foot in a more “correct” position and can help with some of the pain from the bunions. This does not usually alleviate all of the symptoms, but is another option that could help with the pain.

## **Surgical Treatment**

Most people present to Hosey Foot and Ankle Centers after they have tried some or all of the treatments above. When the conservative treatments have failed to alleviate your pain surgical correction of the deformity is a very effective treatment. The surgeons at Hosey Foot and Ankle Centers are trained in the latest surgical techniques to get you the best possible results.

There are many procedures to treat a bunion deformity and our physicians will choose the appropriate treatment for you based on your specific case. Surgical correction can eliminate the deformity and thereby get rid of your pain.

There are some common misconceptions that we hear when we discuss surgery with our patients. First is that bunion surgery is very painful when in fact it is usually not very painful at all. Every individual has different pain tolerance but in general patients have some discomfort for the first few days after surgery which we can control well with pain medication. After the first few days there is little to no pain. The second myth is that the bunion will just come back, but the doctors at Hosey Foot and Ankle Centers will perform an appropriate procedure to realign the great toe joint so that the deforming forces are removed and the bunion will almost never return. The last misconception is that patients will be off their feet for at least a few months. This is also incorrect. In fact depending on the procedure (usually based on severity of the bunion) patients are often able to begin bearing weight on the operative foot the day of the surgery.