

Bunions
Diabetic Foot Care
Flat Feet
Hammertoes
Heel Pain

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We Get Feet and Ankles Better...

Foot & Ankle Pain
Senior Foot Care
Toenail Conditions
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757-934-0768

Bunion Symptoms

Bony Bump

A bump or bulge at the base of your big toe. This is not a bone spur, but rather normal bone that has shifted out of place.



Swollen Joint

Bunion sufferers often report redness, swelling, and soreness of the joint of the big toe.

Pain

Foot pain may be persistent or intermittent. Bunions may be physically or emotionally painful. Depending on the size of a bunion or the shoes worn, burning pain or numbness may occur due to nerve irritation.

Stiffness

There may be stiffness and lack of movement in the big toe. This can affect other parts of the foot.

Calluses

Thick, hardened skin may develop on the big toe or where the first and second toes overlap.



What is a Bunion?



A bunion occurs when the bones in the foot shift, causing your big toe to move closer to the second toe. Bunions can be painful and should be addressed by a podiatrist, as untreated bunions can cause chronic foot pain and toe/foot deformity. Bunions start small, but over time will progress. They do not go away on their own and over the counter splints are not effective.

What Causes Bunions?

Bunions have a genetic component. Abnormal bone structure of the foot, flat feet, and muscle changes in the foot can also contribute to bunion development. Footwear plays a secondary role in bunion development, as too tight, pointy-toed, and high heels force the toes into an unnatural position.

Bunions may be associated with autoimmune conditions such as Rheumatoid Arthritis. A proper evaluation of your foot, including X-rays, can help your podiatrist

identify the cause of your bunion and rate its severity.



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Treating a Bunion

Nothing short of surgery will correct a bunion and realign the affected bones. Bunions are progressive and will get worse as you get older. This does not mean that every bunion needs to be corrected. Non-painful and painful bunions should be treated conservatively initially. If pain persists, then surgery should be considered. So what are your non-surgical options?

Changes in Footwear

You may be able to mitigate some of your foot pain by changing the type of footwear you choose. You want shoes to have a wider toe-box to accommodate the bump. You should also avoid pointy-toed shoes or high heels, as these compress the toes.

Apply Ice

You may find relief from your bunion pain by icing the area after you have been on your feet for long periods of time. Apply the ice for 20 minutes, making sure to not apply ice directly to the skin.

Orthotics, In-Soles and Padding

Our podiatrists will often recommend over the counter or custom orthotics for your shoes to slow the progression of your bunion or to maintain correction if your bunion has been surgically fixed. Toe spacers, padding and splints may be recommended. These do not eliminate the underlying problem but may help to relieve pain.

Medications

Topical and oral anti-inflammatory medications such as Ibuprofen may help to reduce swelling and relieve pain. In some cases, a steroid injection may be performed for temporary relief of pain.

What if I need surgery on my bunion?

Our podiatrists may recommend surgery if your bunion is painful and limits regular activity, such as walking or wearing shoes. As a general rule, we at 1Foot 2Foot do not advocate correcting a bunion for purely cosmetic purposes, but we absolutely take this into account when surgery is performed.

If our podiatrist does recommend surgical intervention, several factors will be considered such as your age, severity of your bunion, and your overall health. Our podiatrists are highly skilled surgeons and will choose the best procedure based on such factors.

All procedures can be performed on a same-day outpatient basis, most taking under an hour, with the patient being able to bear weight on the foot within three days post-op. You will need to have someone available to drive you home after the procedure.

The techniques our 1Foot 2Foot surgeons utilize are designed to allow for early weightbearing and minimal scarring. There have been many advances in bunion surgery over the past decade and we know them all. Many patients require little to no pain medication after surgery. The use of MLS laser therapy after bunion surgery also helps reduce pain, swelling and scar tissue allowing for a faster recovery.

Bunion surgery does not have to be a painful experience. Waiting too long to fix your bunion may require more complex procedures and a longer recovery. If you're concerned about what to do about your bunion or you're seeking a second opinion, come and talk with one of our friendly podiatrists.



You don't have to live with foot pain. Our specialists at 1Foot 2Foot can thoroughly examine your bunion, offer options and make recommendations to help you make an informed decision on how to best manage your condition.
Call 757-239-6039 to schedule your consultation with us today!

