

Basso Foot & Ankle Clinics

Bunions

A bunion is a painful bony bump that develops on the inside of the foot at the big toe joint. Bunions are often referred to as hallux valgus.

- Bunions develop slowly. Pressure on the big toe joint causes the big toe to lean toward the second toe causing arthritis and possible dislocation at the joint.
 - A bunion can be caused by shoes, heredity, an inflammatory or neuromuscular condition
- Sometimes hammertoes are seen with bunions
- The big toe joint can become inflamed, or red and painful when wearing shoes

Bunion progression:

- Bunions start out small — but they usually get worse over time and at times walking can become more difficult.
- An advanced bunion can greatly alter the appearance of the foot. In severe bunions, the big toe may angle all the way under or over the second toe. Pressure from the big toe may force the second toe out of alignment, and forming a hammertoe.
- Calluses may develop where the toes rub against each other.

Tailors Bunion

- A bunionette, or "tailor's bunion," occurs on the outside of the foot near the base of the little toe.
- A tailors bunion is very much like a bunion. You may develop painful bursitis and a hard corn or callus over the bump.

Conservative treatment

- Changes in shoes, padding, orthotics, icing, medications, injections
- Make sure that a shoe is both wide and high enough to accommodate the foot

Surgical treatment

- Ultimately that will be a decision that you as a patient will need to make
- Bunion surgery realigns bone, ligaments, tendons, and nerves so that the big toe can be brought back to its correct position.
- There are many different options for bunion surgery. Most are done on a same-day basis with no hospital stay.
- Recovery is based on the degree of the bunion as well as the particular surgery that is done

