

BUNION SURGERY – DON'T SUFFER IN SILENCE

April is Foot Health Awareness Month!

The U.S. Has the Highest Rate of Bunion Sufferers Worldwide

The aim of Foot Health Awareness Month is to promote positive foot health and educate the public on issues related to foot health. Hallux Abducto Valgus, commonly known as a bunion, is a painful condition where a bony bump forms on the joint at the base of the big toe. Tight shoes, stress on the foot, arthritis and even genetics can all play a role in developing this condition.

The following summary has been prepared to help you understand more about bunions and the surgical options available to alleviate pain and restore normal alignment of the joint.

01 | Symptoms

If you are experiencing any of the following symptoms, you should make an appointment with a podiatrist or orthopedic foot specialist for proper diagnosis:

- A protruding bump on the outside base of your big toe
- Swelling, redness and pain around your big toe joint
- Corns or calluses where the first and second toes overlap
- Persistent or intermittent pain
- Restricted movement of your big toe

02 | Nonsurgical Treatment

The following options may provide some relief, but only surgery can eliminate a bunion:

- Properly fitted, wide-toed shoes
- Taping or Splinting the foot into a normal position
- Pain medication and/or cortisone injections
- Padded shoe inserts
- Ice to relieve soreness and inflammation

03 | Surgery

The most common procedure, the bunionectomy, is usually done on an outpatient basis, and involves making an incision over the swollen area at the first joint of the big toe and removing the enlarged lump at its base. The surgeon may need to reposition the alignment of the bones of the big toe, and depending on the extent of damage, screws, wires or metal plates may be inserted to hold the bones together. In some cases, joint replacement is indicated. Once completed, the surgeon will close the incision with sutures and dress the surgical wound.

04 | Recovery

Following surgery, the patient's foot will be monitored for bleeding and excessive swelling. The patient is also observed for after-effects of anesthesia, and is usually discharged after a few hours. Patients can expect to return to normal activities within six to eight weeks after surgery.

For more information on Foot Health Awareness Month, please visit: www.apma.org

*Did You Know?
4.4 million people report
having bunions every year*

References

<http://www.surgeryencyclopedia.com/A-Ce/Bunionectomy.html>

<http://www.webmd.com/skin-problems-and-treatments/bunion-surgery>