

90-Second or Less Foot Fact for Doctors

Six Important BUNION Thoughts

1. They usually get larger and more painful with time. The deforming forces that cause the bunion in the first place don't go away without intervention. Patients who ask what to expect should know that the bunion will likely get larger and more painful with time.
2. Laser surgery doesn't exist. Since lasers don't cut bone, they can't be used to correct a bunion. Minimally invasive surgery is an option in many circumstances.
3. Wider shoes aren't always good. Shoes that are excessively wide can make the foot more unstable, leading to faster bunion growth and potentially other foot problems.
4. Surgery might be the best option. Since bunions get larger and more painful with time, and often cause other foot problems, getting rid of it is a good option. Of course, if there isn't any pain, surgery isn't always indicated.
5. Orthotics are an excellent non-surgical option. Orthotics stop or slow down the deforming forces that cause a bunion. They are such a simple solution that can either prevent the need for surgery or prevent a reoccurrence.
6. Arthritis can develop. Sometimes the pain around the big toe joint is from arthritis. This can be distinguished by an exam and x-rays. Treatment for arthritis pain differs from treatment for a bunion.

A simple evaluation, x-rays and conversation about the best option is a perfect first step for anyone who has concerns about a bunion.