

How to *Stop*
Your
**Bunion
Pain**



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Nagy Footcare
WE PUT YOUR FEET FIRST.

How to Stop Your Bunion Pain



If you have a bump on your big toe and it's been causing you pain for a while now, you probably already know that you have a bunion. You also have probably been trying to ignore the pain and get through your normal daily tasks – but did you know that a bunion won't go away on its own? In fact, it will just continue to get worse. The good news is, you don't have to live with bunion pain.

There are safe, effective treatment options available to correct your bunion so you can be pain-free in everyday walking, and

maintain an active lifestyle without experiencing foot pain caused by your bunion any longer.

But before we get to **how** to stop your bunion pain, it's important you understand **what** you are treating and **why** you are treating it.

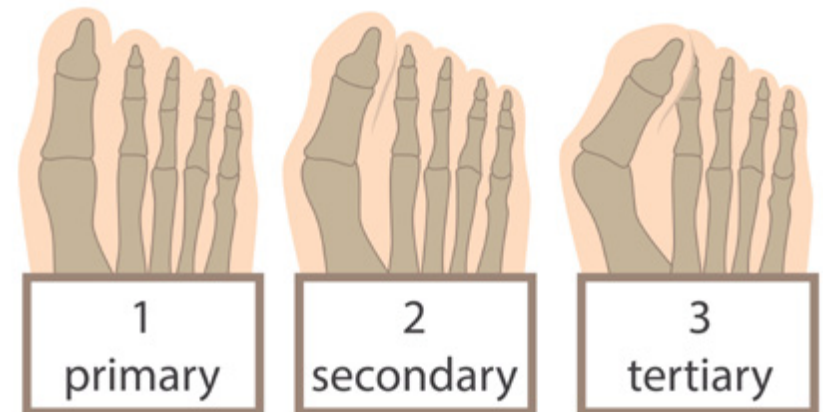


Understand how your bunion formed

A bunion is a bone deformity that causes a painful bump to form on your big toe when the toe moves out of place. It's caused by an enlargement of the joint at the base and side of the big toe. Bunions are genetic – the primary reason for getting a bunion is inheriting a faulty foot structure that causes you to walk with an abnormal gait that eventually pushes your toe joint out of place. In other words, if your parents or someone else in your family has bunions, it's likely you will too.

Another common cause that leads to a bunion is wearing shoes that don't fit your foot correctly, especially shoes that squeeze your toes together. For example, women are very prone to getting bunions because they regularly wear high heels. High heeled shoes force the toes into an abnormal position; they also put added pressure on the foot which causes the foot to have to work harder. It's important to note that shoes don't actually cause the bunion, but aggravate it and make it worse.

STAGES OF BUNION DEVELOPMENT



Decide the right type of treatment for your bunion

Think about when your bunion bothers you the most. Do you experience the most pain when you're wearing dress shoes? Playing a sport? Standing on your feet for long periods of time? Sleeping? All the time? Depending on the stage of your bunion and your pain level, you fall into one of two categories:



1. Your bump creates a mild feeling of achiness or irritation

2. Your bunion causes chronic pain in your toe joint

In either case, there are multiple treatment options to:

- Relieve the pressure and pain caused by your bunion
- Stop the growth of the bunion
- Surgery to remove the bunion and realign the toe

Common symptoms of a bunion include:

- A bony bump at the outside joint of the big toe
- Pain and discomfort when walking, running, standing, or other physical movement
- Swelling and redness on the toe
- Rubbing and friction against footwear
- Corns and calluses
- Restricted movement of the big toe

You may feel different levels of pain depending on how long you've had your bunion and how advanced it has become. There are three parts of a bunion that give people problems and cause them foot pain.



1. The Bump

The bone deformity on the foot that forms when the toe moves out of place. This bump can start causing friction and irritation when it rubs against footwear.

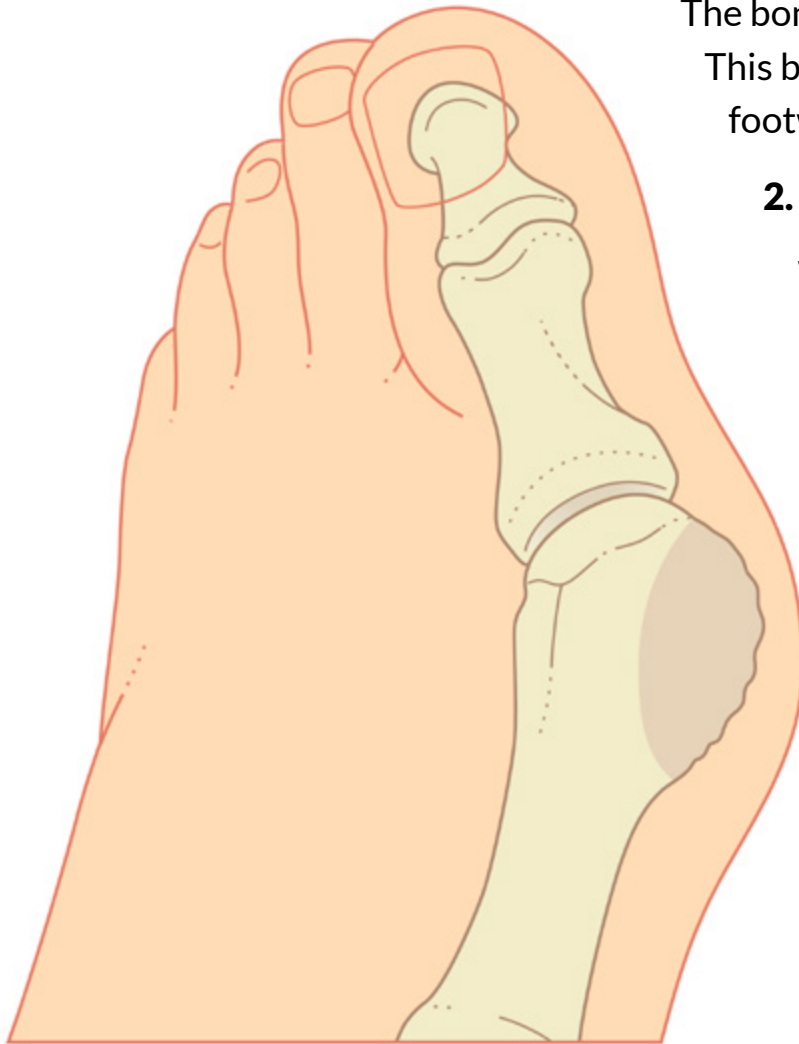
2. The Big Toe

When you have a bunion another cause for the foot pain is your big toe moving toward the other toes causing it to bang into the second toe and either go over or under it.

3. The Long Bone of The Foot

A bunion causes the whole first bone of the foot – called the first metatarsal – to move toward the other foot. So, you end up with two bones that are supposed to be parallel (the first metatarsal bone and the big toe), now at an angle. In between the two bones is cartilage, which allows bone to move over bone. When the bones are going two separate directions pressure is put onto the foot and crushes the cartilage.

Understanding what you need to treat can help you take the right measures in managing and eliminating your foot pain.



How to stop your bunion pain

Because they are bone deformities, bunions do not resolve by themselves. The goal for bunion treatment is twofold:

1. Relieve the pressure and pain caused by irritations

2. Stop any progressive growth of the enlargement

Option 1: Start by trying commonly used at-home or conventional treatments for reducing pressure and pain caused by bunions including:

- **Protective padding**, often made from felt material, to eliminate the friction against shoes and help alleviate inflammation and skin problems.
- **Removal of corns and calluses** on the foot.
- **Changing to carefully fitted footwear** designed to accommodate the bunion and not contribute toward its growth.



- **Orthotic devices**—both over-the-counter and custom made—to help stabilize the joint and place the foot in the correct position for walking and standing.
- **Exercises** to maintain joint mobility and prevent stiffness or arthritis.
- **Splints** for nighttime wear to help the toes and joint align properly. This is often recommended for adolescents with bunions, because their bone development may still be adaptable.

Depending on the size of the enlargement, misalignment of the toe, and pain experienced, conventional treatments may not be adequate to prevent progressive damage from bunions. In these cases, minimally invasive bunion surgery, known as a bunionectomy, may be advised to remove the bunion and realign the toe.



Option 2: Minimally Invasive Surgery (MIS)

Minimally invasive bunion surgery – also known as a bunionectomy -- is an outpatient procedure done by making a very small incision directly on top or side of the big toe joint through the skin to the bone to remove or realign the bone or soft tissue without damaging the soft tissue. This is done to relieve pain and restore normal alignment to the joint.



When compared to traditional bunion surgery, patients who have minimally invasive surgery experience:

- Less pain
- Less swelling
- No visible scarring
- Faster healing time
- Minimize the risk of infection and complications

Recovery after bunion surgery

Many people avoid the topic of surgery because they think they can't afford to take the time to recover – even though they experience extreme pain from their bunion daily. Maybe you're a busy mom chasing after your kids. Maybe you're an athlete training for a marathon. Maybe you're a public safety officer, teacher, construction worker or waitress. Whatever your day-to-day looks like, you don't see yourself being able to take the time to recover from bunion surgery.



Minimally invasive bunion surgery **will fix your problem** and allow you to **heal much faster** than traditional surgery. After MIS bunion correction, you'll leave the procedure able to bear weight on your feet. It's recommended that you ice, elevate and limit walking for about 72 hours. You can expect to have 1 to 3 stitches for about a week to avoid infections caused by irritations, but **there is no time off your feet** – you'll be able to walk around doing your day-to-day activities in no time!

When your bunion makes it difficult to bear weight, is limiting you from normal activities, and causing you chronic pain, it's time to look at how to stop your bunion pain with minimally invasive foot surgery.



The Next Step to Stop Your Bunion Pain

Whether your bunion pain is mild and you're looking for ways to manage the pain or you feel like you've tried everything and can't find a way to help the pain caused by your bunion, Nagy Footcare can help you find freedom from foot pain by talking with you to help you gain clarity and listening to you to customize a treatment plan that gets you where you need to be. At Nagy Footcare, our best day is when you wake up with no foot pain.



Contact Us Now
For Your Initial
Consultation

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