

# BUNIONS and HAMMERTOES

## What You Need to Know

# Did you know...

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- Bunions and hammertoes are very common
- Many people have both

# BUNIONS

# What exactly is a bunion?

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- More than a bump!



# What's really going on ...

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## THE BUMP IS A RESULT OF:

- Changes in the bony framework
- Big toe leans toward the 2<sup>nd</sup> toe
- Throws the bones out of alignment

# Symptoms of a bunion

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- Pain or soreness
- Redness and inflammation
- Some people have a burning sensation or numbness

Symptoms most often occur with shoes that crowd the toes

# What should you do for relief?

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- See a specialist...

## A Foot and Ankle Surgeon

# Your visit to the surgeon...

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- Is it really a bunion?
- Foot exam
- X-rays
- Treatment options:
  - Nonsurgical
  - Surgical





# Bunion surgery = bunionectomy

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## WHAT IT DOES

- Corrects the bone changes
- Removes the bump
- Corrects soft tissue changes

## WHY IT'S DONE

- To reduce pain
- To increase function
- To decrease the deformity

# The right procedure for you ...

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## The best procedure for you will be based on:

- Your x-rays results
- Your age
- Your activity level
- Other factors

# After your surgery...

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- Recovery takes several weeks
- Some time off your foot

# HAMMERTOES

# What's a hammertoe?

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- An abnormal bend
- On the 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, or 5<sup>th</sup> (little) toe
- Many confuse other conditions with hammertoe



# Hammertoes start off mild, but ...

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- Get progressively worse if untreated
- Can rub against your shoe and cause problems
- Never get better without some type of treatment

**IMPORTANT—Seek early attention!**

# Symptoms of hammertoe

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- Bend in the toe
- Pain/irritation when wearing shoes
- Corns and calluses
- Redness and inflammation
- More severe cases: open sores

# In the early stages...

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- The hammertoe is still flexible
- Symptoms can be managed without surgery



# But if left untreated...

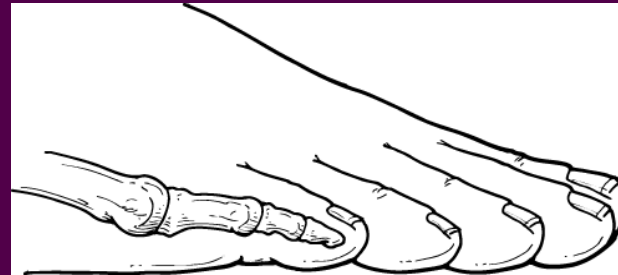
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- The toe can become more rigid
- It won't respond to conservative treatment
- Surgery is needed

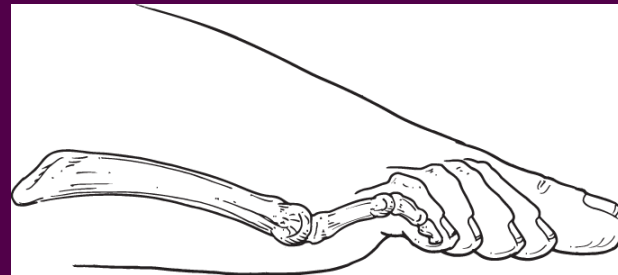
# Visit a foot and ankle surgeon

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- A foot exam
- X-rays
- Accurate diagnosis
- Treatment Plan
  - Nonsurgical
  - Surgical



Normal Toes



Hammertoes

# Hammertoe surgery

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## WHAT IT DOES

- Reduces the bending
- Puts the toe in a straighter position

## WHY IT'S DONE

- To reduce pain and pressure
- To improve function
- To decrease the deformity

# The right procedure for you ...

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## The best procedure for you will be based on:

- Your x-rays results
- Your age
- Your activity level
- Other factors

# Surgery for both: Correcting a bunion and hammertoe

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- Commonly done
- And at the same time... other problems might be corrected

# What to expect with recovery ...

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- Will depend on whether other procedures will be performed
  - Recovery will take several weeks
  - Some time off your foot

To find out more about correcting your  
bunion or hammertoe, contact...

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