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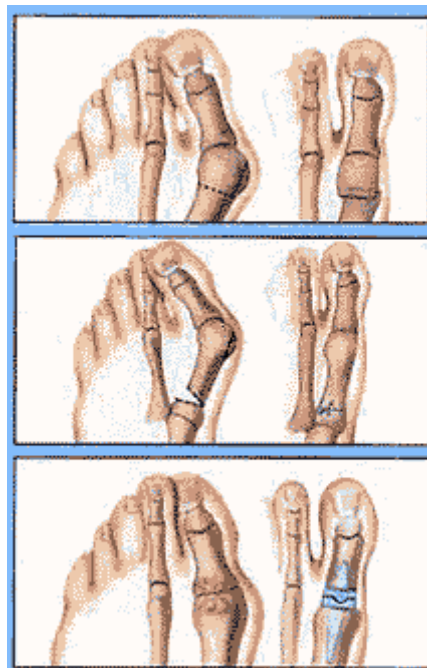
## **What are bunions**

Bunions are a hereditary condition in which there is slow dislocation of the joint behind the big toe. They are often painful in shoes or even barefoot.

Conservative methods are limited in reducing pain and discomfort. One is left with very limited choices in shoe gear to obtain comfort. Bracing and splinting will not correct the bunion deformity, but may be helpful in reducing pain. Often these types of devices can only be worn at night and not in shoes.

What treatments are available

1. Conservative: shoes and splinting, limited
- 2, Medical: anti-inflammatory, steroid injections, physical therapy, counterirritants, helpful
- 3, Surgical: use of various surgical techniques to correct the bony deformity



Healing time is 6 to 8 weeks depending on the procedure. Most of the time it takes one hour to do and is done under local anesthesia with twilight sleep. Most of the time you can walk with a surgical shoe on, but the more severe bunion correction takes six weeks and non-weight bearing for healing.

Possible complications include, bleeding, infection, non-union, swelling, loosening of the hardware, numbness, pain, and shortened toe. These are not totally exclusive, but the most common possible complications.

