

# FRANCE-SHELTON FOOT HEALTH CENTRE

## Treatment for Bunions

### Change of Shoes

The best first line of managing any discomfort you get from bunions involves a change to “more sensible” shoes. Wider and deeper shoes with an adjustable lace or strap can do wonders to decrease the pressure on your bunion. You’ll probably have the best luck finding these shoe characteristics in shoes made by companies such as Hotter®, Padder®, Hush Puppies®, Reiker® or Ecco®. You should be fitted to allow at least a centimetre between the end of your longest toe and the end of your shoe.

### Treat the Cause

Mild to moderate bunions that are left untreated are likely to get progressively worse. By identifying any functional muscular imbalance or other biomechanical abnormality (such as excessive pronation or flexible flatfoot) at an early stage, it’s possible to slow down or even arrest the progression of this potentially painful condition. Therefore, we may advise a biomechanical assessment and functional shoe inserts called orthotics. To learn more about this form of treatment, [click here](#).

### Routine Chiropody Treatment

By periodically having any callus or corn on the surface of the bunion trimmed (and probably padded), you may be able to keep any discomfort they cause at bay. This is not something to try with your handy razor blade at home. This type of “bathroom surgery” is likely to be ineffective at best and may even cause a serious infection. And before you run off to your local chemist for a “corn plaster,” keep in mind that these typically contain an acid. This caustic chemical has no intelligence—it cannot distinguish normal from abnormal skin. Once again, serious ulceration and/or infection may occur. To learn more about routine chiropody treatment, [click here](#).

### Surgical Correction

There are a variety of surgical procedures (called bunionectomies) available for the correction of hallux valgus deformity. These typically involve removing the bunion “bump” and realigning the big toe joint. The specific type of surgery that’s best in your case depends on the severity of your bunion. Keep in mind that there are risks and potential complications associated with any type of surgery. Therefore, we don’t advise surgery unless your bunion is causing pain or if it is causing deformity in your other toes. Furthermore, we never advise having both bunions repaired at the same time.

Prior to any bunion surgery, we advise having weight-bearing x-rays taken to help determine which surgical procedure is best in your case.

If you want to learn more about our weight-bearing x-rays, [click here](#).

*Make an appointment to get the treatment you need - Call 0121 384 3244*

***Your foot comfort is our business...our only business!***

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