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In this issue: Toe Ulcers, Clinic Happenings, Foot Art, It's Fun to be a Follower!, Free Book Offer, Blog Post Updates and more.

S-U-M-M-E-R-T-I-M-E Are You Ready to Bare Your Feet?

May 2015

CASE OF THE MONTH: THE GREAT TOE ULCER

The problem:

This patient came to our clinic with a hole on the bottom of his left great toe. He suffered from the ulcer for seven months. He stated that he had numbness due to a previous nerve injury in his lower extremity. The patient saw several doctors and received treatment for serious infections in the last seven months but the ulcer did not heal. As you can see by the photo below it wasn't a particularly large ulcer but just would never heal. Clinical examination revealed that he had a hammertoe on the great toe causing pressure on the distal tip.

The root cause of the problem:

The reason the great toe ulcer did not heal is because the main cause of the ulcer was not being addressed. The patient had a toe deformity that was causing excessive pressure. The toe deformity was probably due to his peripheral neuropathy which had occurred from his nerve injury.



Before:
March 5, 2015
☹ Unhappy Patient



After:
March 18, 2015
☺ Happy Patient

Clinic Happenings

We had lots of staff celebrate their birthdays this quarter.
We had so much fun!



The solution to the problem:

Thanks to minimally invasive techniques in toe surgery, this patient was able to undergo a procedure on his left great toe. One week later, the patient's toe was healed (see After photo left). The great thing about this surgery is that it requires only 2 days of rest. The procedure is done in the office under local anesthetic. The wound is just about the size of the needle stick. On the post-operative photo to the left, no wound is seen where the procedure was done and the ulcer is almost healed.

Thanks to Dr. Silvester, this happy patient is ready to bare his feet for summertime fun! If you have a foot ulcer, please don't hesitate to schedule your appointment with us today **(830) 569-3338**.



Have you read our book, "Why Do My Feet Hurt and What Can I do About It?"

Request your FREE COPY at www.silvesterfootclinic.com Today!



"I love your educational and informative articles. They have helped me understand some issues with pain in my family's feet. A few weeks ago my daughter hurt her toe playing soccer and has had issues with it since. This article definitely helped me understand her pain and issue. Thank you for the info."

N. R.

Comment from blog:
Footwear Matters for Turf Toe Recovery

Recent Blog Articles

- Unsteady Gait | Exercises
- Not Just Monsters & Dancing: Why People Shuffle
- Tarsal Tunnel Stretches for Pain
- What's Behind Your Tingling Toes?
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Dry, Cracked Heels?

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Follow us on Facebook, Twitter, Linked-In, Pinterest, Google + and YouTube. Access them from our website www.SilvesterFootClinic.com, or log on to each one and search for Next Step Foot & Ankle Clinic. What a fun resource for foot health tips, foot funnies, nail art, healthy recipes, motivation and much, much more. **If you are happy with our services, please give us a positive review on these sites.** If you're not happy, please let us know directly and we will do all we can to make it better.

Happy Following!