



## Five Most Compelling Reasons Why Minimally Invasive Surgery Is The Absolute Best Option For Your Bunion

1. **Because...** once the pain starts it typically only gets worse. There is little one can do to alleviate bunion pain. Be careful of wearing wider shoes since this can cause other foot conditions. Depending on the climate, it's unreasonable to wear open shoes all the time. Ibuprofen or Aleve can help but there are risks of taking too much of this.
2. **Because...** bunions get larger with time. Most bunions don't just grow to a certain point and then stop. Not only can they grow to a very large unsightly size, the big toe often deforms towards the next toe. Sometimes it will under- lap or overlap the second toe. Usually, the larger the bunion, the greater the pain. It's best not to let it get to this point.
3. **Because...** a bunion can cause other problems. A bunion can cause the second toe to become deformed. A bunion can cause stress fractures in different parts of the foot. A bunion can cause open sores from rubbing. A bunion can also cause arthritis and gout. These are just a few of the unfortunate conditions that can arise because of a bunion.
4. **Because...** bunions will deform your shoes. Even small bunions can eventually deform the shoe. Larger bunions definitely wear out the inside of the shoes fast. Trying to buy shoes can be quite a challenge when a large bunion exists. Shoe buying can be an even bigger challenge when one foot is much wider than the other. What's more, it becomes expensive when you're constantly having to replace the deformed shoes.
5. **Because...** bunions can affect your balance. A bunion does affect the way your foot moves. You can either roll to the inside of the foot or turn the foot outward more to avoid pressure on the bunion. Balance can definitely be an issue. Once this happens, pain can develop in the knee, hip or back. Many people who experience this don't even realize that bunions are the cause.

These are five very compelling reasons why minimally invasive surgery is the best option for a bunion. That being said, we don't recommend surgery for everyone. We have even talked some people out of surgery, especially if they aren't experiencing pain.

If you have a bunion and want to know where you stand, the best first step is to have us evaluate it, take x-rays, and discuss the best options for you.

## What is a Bunion?

A bunion is an enlargement of bone that looks like a bump on the inside of the foot near the big toe. It can form on one foot or both.



Most bunions eventually become painful from shoe pressure. When they do start to hurt, there aren't any good options for relief other than wearing wider shoes.

Bunions almost always come from genetics. It's a myth that bad shoes cause bunions. They can start to form as early as the teen years or later in life.

*Your Next Step for Healthy Feet*



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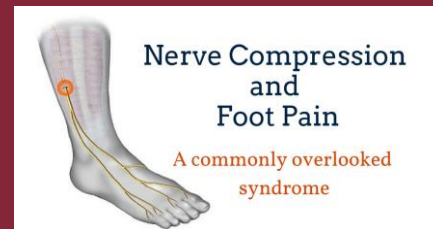
## The 10 Commandments for Diabetic Feet

1. Thou shall not go barefoot. This goes for inside and outside of the home. You could step on something and not know it if you have numbness.
2. Thou shall not ignore any sore on your foot. Even a small sore can lead to a major infection.
3. Thou shall not use medicated products on your feet. Never ever use a medicated corn or callus pad.
4. Thou shall not use creams or lotions between the toes. This can lead to excessive moisture ultimately causing an infection.
5. Thou shall see a podiatrist at least once a year for a thorough evaluation. Thou shall not ignore a new foot pain that lasts more than a week.
6. Thou shall not soak your feet unless advised by a doctor. Excessive water will make your skin dryer. Really.
7. Thou shall use a moisturizing cream or lotion on the bottom of your feet regularly to avoid cracks in the skin. Dry skin is an unfortunate reality of having diabetes.
8. Thou shall inspect your feet daily especially if you have numbness. Please use a mirror to see the bottom of your feet.
9. Thou shall wear diabetic shoes and insoles if prescribed by your podiatrist. Wearing the right shoes and insoles can go a long way toward avoiding major diabetic foot complications.
10. Thou shall not try to self-treat an ingrown toenail. Infections and amputations have been the result in very unfortunate circumstances.

**Bonus:** 11. Thou shall not ignore a new foot pain that lasts more than a week. Ignoring foot pain can only lead to more serious consequences.

## Nerve Compression & Foot Pain

Every week we see patients who have pain after surgery that was done years ago. They come from all over seeking relief from chronic pain that started when they underwent a surgery. Pain in the foot or ankle and even after a knee replacement surgery is not uncommon. Often this is caused by some type of nerve entrapment in the scar.



At Next Step Foot & Ankle Clinic, we have doctors that specialize in pain caused by nerve problems. We also have equipment to look at the nerves and evaluate which nerves might be involved. These problems are quite complex and sometimes require patience in making a diagnosis. You don't have to suffer with pain after surgery. Call us today.



Perfect for Slow Healing Wounds and Foot Pain

Ultrasound Healing Therapy is advanced healing technology clinically proven to treat acute and chronic wounds as well as diabetic foot ulcers. The sound waves penetrate in and below the wound to promote your normal healing process. This therapy is covered by Medicare and is subject to copay, co-insurances and deductibles. Schedule your appointment with us today to see if UltraMIST Therapy is the correct treatment for you! Call 210.375.3318

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