

TAILOR'S BUNION

Tailor's bunion, also called a bunionette, is an enlargement of the fifth metatarsal bone at the base of the little toe. The deformity received its name centuries ago, when tailors sat cross-legged all day with the outside edge of their feet rubbing on the ground. This constant rubbing led to a painful bump at the base of the little toe.

Symptoms of Tailor's Bunions

- Swelling
- Pain at the site of the enlargement.
- These symptoms occur when wearing shoes that rub against the enlargement, irritating the soft tissues underneath the skin and producing inflammation.

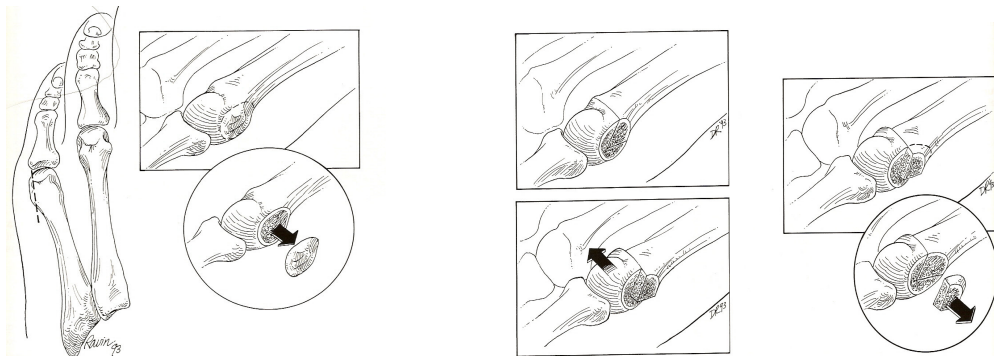
Treatment

- **Shoe modifications.** Wearing the right kind of shoes is critical. Choose shoes that have a wide toe box, and avoid those with pointed toes or high heels.
- **Oral medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may help relieve the pain and inflammation.
- **Injection therapy.** Injections of corticosteroid are commonly used to treat the inflamed tissue around the joint.
- **Padding.** Bunionette pads placed over the area may help reduce pain. These pads are available from your foot and ankle surgeon or at a drug store.
- **Icing.** An ice pack may be applied to reduce pain and inflammation. Wrap the pack in a thin towel rather than placing ice directly on your skin.

Indications for Surgery

- Severe foot pain that limits your activities, especially work and being able to walk when wearing reasonable shoes. Failure to respond to conservative treatment.
- Chronic inflammation of the little toe joint that doesn't respond to conservative care.
- A significant deformity of the little toe. The little toe lies under the fourth toe.

Procedure



Possible Complications

There are risks associated with any surgical procedure. About 10 % of patients experience complications from Tailor bunion surgery. These can include:

- infection
- a recurrence of the Tailor's bunion
- damage to the nerves
- continued long term pain