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JEFFERSON CITY MEDICAL GROUP
with Signature Care

Education

Bunion Removal (Bunionectomy)

What is bunion removal?

Bunion removal, called a bunionectomy, is a procedure in which the doctor removes a swelling or thickening on your big toe joint called a bunion. The doctor may also straighten your toe if necessary.

When is it used?

This procedure is used when a bunion makes walking painful.

Examples of alternatives are to:

- Wear different shoes.
- Wear a thick felt ring around the bunion to relieve pressure.
- Choose not to have treatment, accepting your present condition.

You should ask your doctor about these choices.

How do I prepare for a bunionectomy?

Plan for your care and recovery after the operation. Allow for time to rest and try to find people to help you with your day-to-day duties.

Follow any instructions your doctor may give you. Eat a light meal, such as soup or salad, the night before the procedure. Do not eat or drink anything after midnight and the morning before the procedure. Do not even drink coffee, tea, or water.

What happens during the procedure?

You will be given general anesthesia to relax your muscles and make you feel as if you are in a deep sleep. It will prevent you from feeling pain during the operation. The doctor makes a cut over the bump in your toe, cuts off the bump, and puts the toe in a more normal position. The doctor may have to make more than one cut, and may have to cut the bone in the toe to reposition it. After the procedure, the doctor closes the cut.

What happens after the procedure?

- You will limit your walking for 2 or more weeks.
- You may go home the same day or you may stay in the hospital for a day, depending on your condition.
- You will probably wear a brace, special shoe, or cast to help support the toe and foot.
- Your toe may be painful for a few months.

Ask your doctor what steps you should take and when you should come back for a checkup.

What are the benefits of this procedure?

Walking will be more comfortable, your shoes may fit better, and your toe won't hurt.

What are the risks associated with this procedure?

- There are some risks when you have general anesthesia. Discuss these risks with your doctor.
- The bunion may grow back.
- The nerves and arteries in the affected area could be damaged.
- Your toe could lose its blood supply.
- Infection and bleeding may occur.

- Your toe may be stiff.

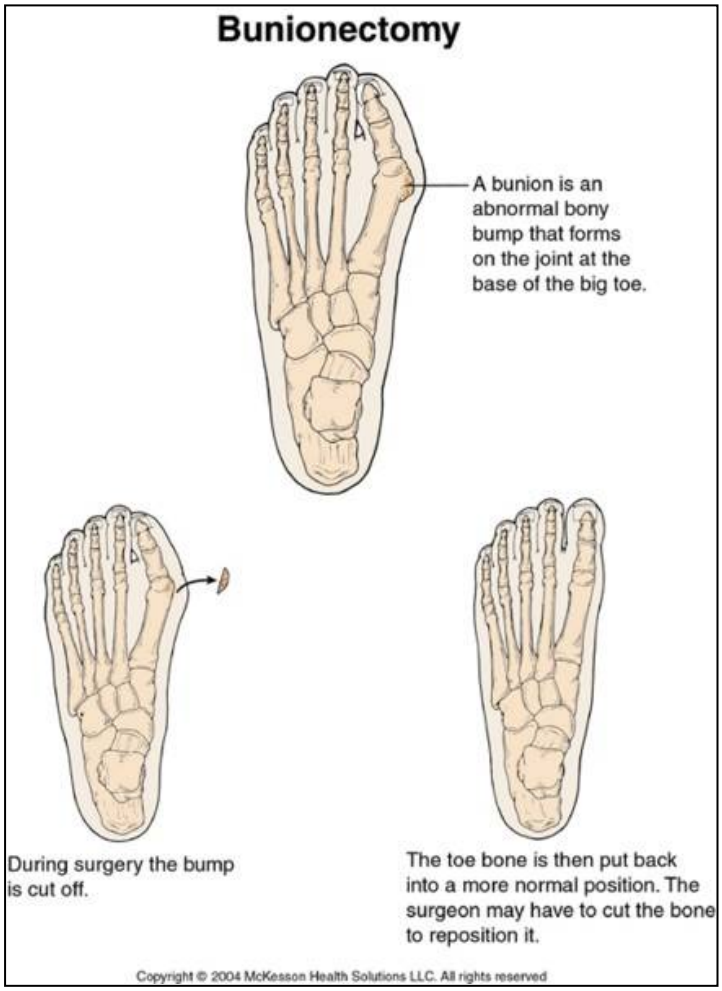
You should ask your doctor how these risks apply to you.

When should I call the doctor?

Call the doctor immediately if:

- You develop a fever.
- You can't control the pain.
- You develop excessive bleeding.

Call the doctor during office hours if:

- You have questions about the procedure or its result.
- You want to make another appointment.

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