

Mon, 30 Apr 2012

2:44 AM

Bunion Surgery Los Angeles- Safely Treating Embarrassing Bunions

A

bunion is a foot problem which develops causing a bump on the outside of your toe. The medical term for bunion is hallux valgus, Latin for turning outward of the big toe. People wearing poorly fitting shoes and shoes that are narrow pointed will often experience this problem mostly when comparing to others. Sometimes this even occurs due to arthritis, heredity and polio.

Bunion
surgery

involves

a small and tiny incision placed at the top or side of the big toe joint. The soft tissue and the bone are realigned or removed to reduce the pain and to produce normal alignment to the joint. The surgery lasts about an hour or more depending on the severity of the problem.

There

are over 100 different techniques used to correct bunions. The type of surgery used will depend on your specific situation. In some cases, more than one procedure type can be done at a time.

The
general type of bunion surgeries used are:

Exostectomy
or bunionectomy

Realigning
soft tissues around the big toe joint.

Metatarsal
osteotomy or phalangeal osteotomy.

Metatarsophalangeal
joint.

Arthrodesis

Lapidus
procedure

Recovery
from

Bunion
treatment

can take 6 weeks to 6 months where complete healing takes about one year. Here are some guide lines during your recovery period:

Showering

or bathing must be done carefully to keep the stitches dry.

Stitches

will be removed after seven or 21 days.

Special

shoes will be required to use for about 8 weeks after the surgery.

Putting

weight on the foot for about six to eight weeks is restricted.

Advantages

of this surgery include improvement of walking ability. However risks include infection in the soft bone or tissue of the foot, recurrence of the bunion, bend in the big toe in outward or upward, numbness or tingling, swelling, persistent pain and callus may be developed on the bottom of the foot.

Before

deciding for Bunion surgery you must consider the following points:

Bunions

may occur even after the surgery if you continue wearing

high-heeled and narrow shoes.

Choose

a surgeon who had performed number of surgeries on a regular basis.

Discuss

all the expectations with your doctor because expectations will influence satisfaction.

Flexibility

of the big toe joint may be reduced.

There

are several considerations to be discussed this with your surgeon such as age, medical history, general health, occupation, lifestyle, expectations and the severity of your symptoms.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

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Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Fri, 4 May 2012

8:30 AM

Bunions- Relieve Foot Pain with Bunion Treatment

A

bunion is a common foot deformity that occurs when the big toe points towards the second toe. This causes a bump to appear at the outer edge of your toe. A

Bunion

typically occurs in the first metatarsal bone (attaches to the big bone), but can also form in the bone that joins the little toe to the foot. This is also known as a bunionette or tailor's bunion. A bunion will begin to develop when the big or little toe is forced towards the rest of the toes. Constantly being in this condition can cause the head of the metatarsal bone to stick out and rub against the shoes. The underlying tissue will become inflamed and a painful bump will begin to form. As the big toe is forced to grow at an angle towards the rest of the toes, a bunion will slowly develop. As it continues to grow, the

bunion will cause the bone and joint of the big toe to shift and grow inward so the second toe crosses over it.

People

that are born with abnormal bones in their feet are more likely to develop a bunion. Wearing narrow-toed and high-heeled shoes can also lead to the formation of a bunion because it puts an enormous pressure on the front of the foot. If left untreated, a bunion can become very painful since a fluid sac is likely to form at the base of the big toe. Other factors that may increase the chances of developing a bunion are flat feet, arthritis, gout, and abnormal foot movement.

Wearing

appropriate shoes can help alleviate pain and pressure caused by bunions. These shoes should be:

Soft,

wide, low-heeled leather shoes that lace up

Athletic

shoes with soft toe boxes

Open

shoes with straps that don't touch the affected area

In
many cases, pain and discomfort will persist and

Bunion Treatment

will
require minimally invasive surgery. There are over 100 surgical techniques that can help remove bunions and realign the toes. Your podiatrist will help recommend the best procedure for your case. The most common surgery performed is known as a bunionectomy. This procedure involves shaving down the bone of the big toe joint using a small incision where a shaving tool is inserted. The foot doctor will shave off the bone according to feel or x-ray. Results from this procedure is long-lasting and patients can go back to their normal schedule in a short amount of time.

To
read more about Bunions and bunion treatment, please reference:

<http://health.nytimes.com/health/guides/symptoms/foot-pain/bunions.html>

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Thu, 10 May 2012

7:49 AM

Bunion-Choosing the Right Shoe to Prevent Bunions

The feet are an important part of the body that needs to be taken care of. Typically people will develop foot pain in their 60s, but in some cases, patients will begin to feel pain as early as 20s and 30s. That's why it is important to make sure your feet are healthy by taking precautions. Often times, patients will have to take preventive measures such as avoiding certain shoes that aggravate the condition such as high heels.

As athletic shoes become trendier, there are less women with foot problems than the older generations.

When it comes to buying and wearing shoes, many people will pay more attention on how the shoe looks and not enough focus on how the shoe fits. People often end up wearing poorly fitting shoes that are too small in the front, loose in the back and inadequately cushioned. Wearing these shoes on a regular basis can cause blisters or even a

to form, requiring the help from a podiatrist. A recent study shows that 73% of women ages 20-60 experienced foot pain as a regular basis and 69% of women surveyed had deformities such as displaced big toes, hammertoes, bunions, and bony protrusions on the ball of the foot. This survey showed that 80% of the women with shoe size 8 or larger suffered foot pain and had one or more deformities.

These percentages may be a direct result of the women wearing smaller shoes than they should. Studies show that 88% of women wear shoes smaller than their feet. Also, high heels are contributing tremendously to foot problems. The fashion industry has convinced many women that tallness and long legs are sexy, leading them to choose high heeled shoes over other shoes. This increases the pressure placed on the forefoot and stresses the knee and ankle. Some of the most fashionable shoes are narrower through the forefoot. If a woman selects a shoe that fits from heel to toe and that doesn't slip off the heel when walking, it is highly likely that the shoe will squeeze the bones in her forefoot together and force the toes into an abnormal shape.

Choosing the right shoes is a very important step in preventing bunions, but sometimes bunions still occur. In order to alleviate pain and discomfort caused by bunions you should visit a podiatrist to discuss the

bunion
removal

options available. Taking proactive measures towards your

foot health can help improve your overall quality of life and will make walking and other daily tasks easier.

To read more about bunion removal, please refer to

<http://www.nytimes.com/1992/07/15/health/personal-health-466192.html>

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Fri, 25 May 2012
8:43 AM

Bunion Removal Los Angeles - Choosing Between Surgical and Non-Surgical Options

What
Is A Bunion?

A
bunion is a bony deformity of the joint at the base of the
big toe

The enlargement actually represents additional bone formation, often in combination with a misalignment of the big toe. A less common bunion is located at the joint at the base of the smallest (fifth) toe. This bunion is sometimes referred to as a tailor's bunion. If left untreated bunions can become inflamed with redness, tenderness, and become very painful. To avoid this situation many people undergo

bunion

treatment Los Angeles

,
which can help individuals in successfully getting rid of
the bunions.

Bunions
and Women

Women

are ten times more likely than men to become a victim of
bunions. This may be due to tight-fitting shoes and narrow-toed
high heels. Factors that prompt to the development of bunions
can also be genetically inherited. Other factors for the
development of bunions are nerve conditions and injuries to the
foot, while others are present from birth.

Bunion

removal Los Angeles

can effectively treat the symptoms for bunions such as

r

ed,

calloused skin along the inside edge of the big toe, a bony
bump at this site, pain over the joint and big toe turned
toward the other toes.

Different Types of Treatments

Non-surgical treatments

:

If you have a bunion, it is important that your feet get rest by avoiding excessive walking, wearing loose/wider shoes or sandals to relieve the irritating pain, avoiding high heels and wearing walking shoes etc.. In some cases, anti-inflammation medications can help to ease inflammation as well as pain. Local cold-pack application may also be very helpful. Apart from these,

bunion treatment Los Angeles

's stretching exercises and custom insoles might add further support and repositioning.

Surgical treatments

:

For individuals whose bunions are causing intolerable pain and restricting their daily activities, a surgery may be required to permanently remove the bunions.

Bunion removal Los Angeles

can correct deformity and relieve pain leading to improved function. During this procedure, big toe is realigned and bony growth of the bunion is removed. More often than not, surgeries are successful. However, failure to relieve pain can result from the

big toe moving back to its previous deviated position even after surgery. To avoid surgical failures, it is strongly recommended to wear proper footwear and avoid some activities apart from following the suggestions of the surgeon.

Which
One to Choose?

Bunions
can be very painful and unsightly. People who suffer from bunions know how painful and debilitating they can be.

Bunion treatment

Los
Angeles

unfortunately
is not an easy undertaking, and may well require surgery.

A
lot of doctors are no longer choosing between surgical or non-surgical treatment. Many are beginning to appreciate the positive outcome and feedback when combining the two. Therefore, it is advised to go for

bunion
removal Los Angeles

surgery
and then apply the non-surgical treatment during the post-operative recovery phase.

Living
with bunions can truly be overwhelming; diagnosis of the problem and treatment can truly enhance the quality of living for the individual.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

8:45 AM

Bunion Removal Los Angeles - Choosing Between Surgical and Non-Surgical Options

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Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Thu, 14 Jun 2012
5:36 AM

Bunions: Just Common Than You Think

Now
there are many common myths about what bunions and why it
occurs. Contrary to prevalent belief, bunions affect old and
also younger people alike. Generally bunions are caused
by your genes, not by putting on tight or ill-fitting shoes.
But perhaps the essential confusing truth about bunions is
which they are not new bones at all- they might be just your
old bones, your forefoot bone to be accurate, that have simply
shifted position due to mainly an existing foot condition, for
example flat feet, or an exacerbation of the first joints of

the big toe by incorrect slippers. Possibly it is due to of all these misunderstandings regarding bunions that they are really a rampant infliction amongst many adults now, affecting approximately 4.4 million people per year according to one research.

A bunion materializes whenever big toe is strained to flex towards the second toe, pushing the big toe's first joint out of place and out of positioning. As the joint moves out of place, the outside of the joint begins to increase in size in order to balance out the realignment. As the joint size starts to increase, muscles in the feet start to pull the toe into an unnatural position. It happens to be commonly theorized that bunions are caused by footwear that are too tight, too ill-fitting, or too uncomfortable. This repeated mistake has possibly been published further by the truth that people in countries without utilize everyday items such as shoes have shown few to no development of bunions on their feet. Recent analysis, however, has shown that bunions are in fact related to genetics; if your mother and father had foot deformations or bunions, chances are, you will develop foot deformations or bunions at some point as well, and potentially be in need of

bunion
removal Los Angeles

There is good news for bunion sufferers, though. Bunions that have been caught at an early stage can usually be treated with

simple observation and analysis, not surgery. For example, non-surgical treatments can include changing your footwear, modifying physical activities, switching medications, icing the bunion several times a day to reduce inflammation and pain, using orthotic devices, or placing padding over the area with the bunion. But if those non-surgical treatments fail to reduce the pain caused by the bunion,

bunion surgery Los Angeles is necessary. There are a variety of surgical procedures to treat bunions; you can remove the "bump", you can correct the bone structure of the foot, or correct any soft tissues changes that may have occurred.

For
more details

Click
here

Security: Public
Location: Not Specified
Mood: Not Specified
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6:02 AM

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Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Mon, 16 Jul 2012

3:52 AM

Bunion Surgery Los Angeles - solution for your foot problem

If you find yourself running around in high heels or other closed-toe shoes, you may be prone to developing a bunion. This is a term that describes what happens when the big toe turns outward, due to the bone joining the big toe starting to become more prominent. Although in some cases you can treat this problem with therapy and wearing different shoes, in severe

cases

bunion surgery Los
Angeles

will be needed. There are many clinics which provide
bunion removal,
serving residents of the city and surrounding areas such as
Orange County. To determine whether or not this procedure is
right for you, it's best to learn more about it.

There
are many causes of bunions. However, the most common cause
which can lead to the need for
bunion surgery is
wearing poorly fitting shoes, particularly those with a narrow,
pointed toe. This squeezes the toes into an uncomfortable
position and can lead to deformity. Another reason that you may
be in need of
bunion removal Los
Angeles is because of arthritis, polio, or even heredity in
a small percentage of cases. Surgery is not right for everyone,
but there are some cases when it can greatly improve your
quality of life.

You
may be in need of
bunion surgery if

you have foot pain that is severe enough to hinder your everyday activities. If you can't wear regular shoes and find it painful to walk, you will want to have this taken care of.

Other reasons to look for a specialist in

bunion removal

include toe deformity or stiffness. If your big toe has been drifting towards the small toes, or you are unable to bend your toe properly, this could result in the need for surgery. There are several different types of bunion surgery, so the first step is to meet with a qualified surgeon to learn more about your options.

Some

of the different types of

bunion surgery in Los

Angeles can include repairing the tendons and ligaments that surround the big toe, removing the damaged joint surfaces, and removing the actual bump on the toe joint that

characterizes a bunion. To determine which of these types of bunion removal in Los

Angeles will work the most effectively, you will need to meet with an orthopedic surgeon. During this evaluation, you'll discuss your medical history, go through a physical examination of your foot, and take X-rays to look at the extent of possible damage in the toe joint.

For

more details please click here:

<http://www.bunionsurgerylosangeles.com/>

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Music:

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4:00 AM

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