

Wed, 28 Dec 2011

4:54 AM

Bunion Surgery Beverly Hills - The Best Treatment For Your Bunions In Beverly Hills

Beverly Hills is home to many types of doctors and surgeons. Whatever your medical needs are, there is a doctor for you in this city that is home to fabulous shopping areas like Rodeo Drive. Having a foot that hurts can definitely put a damper on your shopping excursions. If you find that you are in need of bunion treatment, there is no need for you to worry. There are plenty of doctors who can perform your bunion surgery should the time come that you need it.

You do not necessarily need bunion surgery when you find that you have one on your foot. There are types of

bunion treatment that can be attempted before it gets to the surgical stage. There are different types of orthotics, or padding and shields that you can use to help keep your shoe or other things from aggravating it while it heals. There are also medications that can be used to help with the pain. It is also recommended that you use an icepack in order to help with the swelling and the pain associated with bunions.

If, however, the pain does not subside with the use of over the counter treatments, you will likely need to have

bunion surgery Beverly Hills . This is really the last resort measure in bunion treatment, but it is often necessary. The reason is that the over the counter methods just help with the symptoms - they do not really do anything for the actual deformity on your foot. So, if you want the pain and the bunion gone for good, you will need to seek out the surgical procedure to get rid of it. This type of procedure is considered to be an outpatient surgery, but you will

still have a significant amount of time to recover from it. You will need to be careful about doing exactly as the surgeon tells you to after you have the procedure done.

Whether you utilize over the counter

bunion surgery, one thing you need to keep in mind is that the results will not be seen overnight. Even if you do get the surgical procedure done, you will feel pain for several days afterward while the surgical site heals. So, keep that in mind when you are trying to decide which treatment method you are going to use for your bunions.

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Sat, 28 Jan 2012

5:29 AM

Bunion Surgery?? Options For The Removal Of Painful Bunions

When the joint at the big toe enlarges and repositions, the bump on the side and the curvature inward of the big toe is referred to as a bunion. Bunions can be very painful, not cause any symptoms at all, or affect the patient moderately. Bunion treatment approaches are widely varied, depending on severity, symptoms experienced, and the preferences of the podiatrist treating the patient. Bunion surgery is necessary for some patients, especially those who are experiencing significant pain. The surgical solution to bunion problems is usually only utilized if more conservative treatment options have failed.

Discussing the reasonable expectations for

improvement after a

bunion
surgery

with their physician can help patients understand the recovery process better. For instance, the general goals for these surgeries are to reduce pain and restore function to the big toe joint. Post-surgery, the patient may need to wear a cast or special shoes for six to eight weeks before starting to return to normal footwear. These types of instructions are dependent on the type of surgery done and a patient's individual foot. Before surgery is attempted, other forms of bunion treatment will likely have been tried.

During bunion surgery, the surgeon enters through a small incision in either the side or top of the big toe to realign the joint, sometimes removing soft tissue or bone or even putting in tiny screws and wires to help in joint alignment. There are over one hundred possible surgical procedures that are done to treat bunion problems. The recovery period for surgery to correct bunions will depend on the extent of the surgical procedures, usually from six weeks to six months (but can last up to a year for complete healing). The actual surgery is performed as an outpatient procedure where a local anesthetic is used, possibly in combination with a sedative.

Most of these

bunion
removal

options are not designed to 'cure' the bunion but to help alleviate pain or keep it from getting worse and requiring bunion surgery. They can include ice packs and elevating the foot. Sufferers from bunions often take anti-inflammatory pain medication, such as ibuprofen. Wearing the right shoes can also keep pain at bay. Flat or low heel shoes with a wide toe area are best. Good arch support is also helpful to keep pressure off the big toe joint. There are special

orthotics and devices made specifically to relieve pressure on the big toe while walking. Some patients find that bunion pads, moleskin, or felt inside the shoes can keep the bunion from rubbing on the inside of the shoe and causing pain.

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Sat, 25 Feb 2012

12:57 AM

Bunion Surgery -- Take Your Feet Back

It's an embarrassing problem that many people are ashamed to admit they have, which often prevents them from seeking treatment. People with bunions certainly don't like to talk about them, sometimes even to their doctors. That's why so many people are at the point where they need bunion surgery by the time they finally consult their doctor about this painful condition. But if you catch a bunion early enough, you can use a

bunion
treatment

that doesn't require you to go under the knife. Many people would prefer not to have surgery if they can avoid it, but it's crucial for them to tell their doctor about the problem early on.

A bunion is basically a misalignment of the joint where your big

toe meets the rest of your foot. The joint begins to jut out, which can make wearing shoes very uncomfortable, and can also cause blisters where the joint rubs against the shoe. It can also cause other foot pain because the foot isn't able to function properly.

Bunion surgery

is one way to correct this problem, and it's usually the only way to correct the condition once it reaches a certain level of severity. But you can find a bunion treatment that doesn't require surgery if you catch it early enough.

Alternatives

to bunion surgery are really only helpful if you catch the bunion early enough. You can start wearing orthotics in your shoe to prevent the condition from worsening, and also to make wearing shoes more comfortable. There are also orthotics that help the big toe not to wander in towards the other toes. This type of bunion treatment is easy to implement, and can delay, if not prevent, the need for surgery. There are certain cases in which it's only delaying the inevitable, but a lot of people still prefer orthotics to surgery.

Bunion surgery can

be expensive, and recovery can take a long time. This is why many people would prefer a bunion treatment that delays surgery for as long as possible, or at least until a more convenient time.

Bunions are painful, and they can make your life miserable, especially if you work a job that requires you to be on your feet for most of the day. But by addressing the problem as soon as you

notice it, you can prevent the need for surgery, and get relief from this condition quickly.

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Thu, 29 Mar 2012

3:57 AM

Bunion Treatment Procedure for the Feet

A

bunion is a bump on the inside edges of big toe that points towards the second toe. Since the joint carries the body's weight while walking, it may cause extreme pain if left untreated. A bunion may be caused by the way foot is shaped as it puts too much pressure on the big toe joint. Bunions tend to run in families since foot shape is inherited. The foot rolling inward is normal but may cause damage or injury by too much inward roll. Flat feet and wearing shoes that are too tight are causes of bunions. The constant pressure over a period of time may displace the big toe out of its alignment causing it to bend towards other toes. It is also believed that the condition is more common in women.

A

bunion may be characterized by

Red,
calloused skin along the big toe's inside edge.

A

bony bump at the toe.

Joint

pain aggravated by pressure from shoes.

Big

toe turning towards the other toes.

The

diagnosis for bunions starts with evaluation of past health and careful examination of toe and joint. The surgeon may check the toe and joint for their range of motion. This can be done while the patient is sitting or standing so that the surgeon may see the toe and joint at rest and while bearing. The surgeon may ask questions like

How

long have you noticed the bunion?

Does

any activity make the bunions worse?

Does
any other joint hurt?

X-rays
may be done to check for bone problems or rule out other causes
of pain and swelling. In addition to that, blood tests or
arthrocentesis may also be done to check for other problems
that may cause joint pain and swelling.

The
first step for

bunion
treatment

is to take good care of feet and wear wide-toed shoes when
a bunion first starts to develop. It often solves the problem
preventing the need for further treatment. One may also be
helped by wearing felt or foam pads on the foot that may
protect the bunion. A device called spacers may also be used at
night to separate the first and second toes. These devices may
readily be available at drugstores.

As
bunions get worse and begin causing severe deformity or pain

bunion
removal

surgery may be performed. During the procedure, the
patient may receive anesthesia. The surgeon may then make an
incision to expose toe joint and bones. The deformed joint and
bones are repaired and kept in place using pins, screws, plates
or cast.

After

the surgery, the foot may be propped up to protect from injury during the healing period. It may take 3-5 weeks for the foot to recover fully. Patients immediately feel less pain after bunion removal and be able to walk more easily.

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