When to have bunion surgery? Advice from a Functional Podiatrist Transcript

(Transcripts are generated by AI and may contain errors)

Bunion Surgery Concerns and Misconceptions

Having bunion surgery is a big decision for many people. You may have heard or read about stories where people have had bad experiences or their bunions came back.

I will advise to my patients to not listen to anything on the internet or horror stories from friends and family as it just is not helpful.

When Surgery Becomes Appropriate

The decision to have surgery may be appropriate for people I often advise surgery based on the arthritis progression in that big toe as it is my number one goal to protect the big-toe joint.

As the bunion progresses and the joint continues to shift off of the cartilage, arthritis and arthritis-progression is inevitable. Once arthritis progresses too far, it's very difficult to get it under control and surgical options become restricted.

Protecting the Big Toe Joint

If you are interested in a surgical consultation and to discuss which procedures may be appropriate, then please do reach out. Now I no longer do bunion surgery, but I provide an unbiased opinion of the appropriateness and the timing for bunions surgery.