

# 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.

# Calcaneal Apophysitis (Sever's Disease)

## What is calcaneal apophysitis?

The heel bone is called the calcaneus. In children, there is an area on the heel bone where the bone grows that is called the growth plate, or apophysis. Calcaneal apophysitis, also called Sever's disease, is inflammation of the calcaneal growth plate that causes pain in the heel. It is the most common cause of heel pain in children, adolescents, and teenagers.

## How does it occur?

This inflamed heel growth plate is caused by overusing the foot with repetitive heel strikes. It may also occur from wearing shoes with poor heel padding or poor arch supports.

## What are the symptoms?

A child will complain of heel pain. Running and jumping usually increase the symptoms.

## How is it diagnosed?

The health care provider will find tenderness over the bottom part of your child's heel. In severe cases of calcaneal apophysitis, he or she may order an x-ray to be sure there is no damage to the growth plate.

## How is it treated?

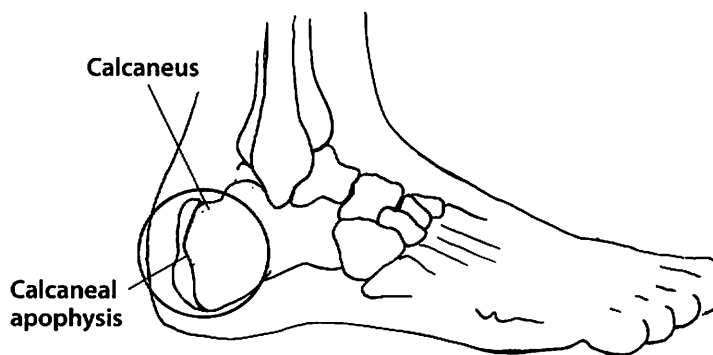
Your child may need to rest or do activities that do not cause heel pain. It is very important that your child wear shoes with padded heel surfaces and good arch supports. Extra heel pads may be placed in your child's shoe. Orthotics (custom-made arch supports) may be helpful. The health care provider may also prescribe an anti-inflammatory medication for your child.

## When can my child return to his or her sport or activity?

The goal of treatment is to return your child to his or her sport or activity as soon as is safely possible. If your child returns too soon the injury may be made worse, which could lead to permanent damage. Everyone recovers from injury at a different rate. Return to his or her activity will be determined by how soon your child's heel recovers, not by how many days or weeks it has been since the injury occurred. In general, the longer your child has symptoms before starting treatment, the longer it will take to get better.

If the heel hurts, your child needs to rest from his or her sport or activity. Your child should rest for several days at a time and then go back gradually. Before returning, he or she should be able to jog painlessly, then sprint painlessly, and be able to hop on the injured foot painlessly. If at any time during this process your child develops further heel pain, he or she should rest for 3 to 4 more days until the pain is gone before trying to return again.

## Calcaneal Apophysitis (Sever's Disease)



Calcaneal apophysis is inflammation of the growth plate (apophysis) on the heel bone (calcaneus)

***How calcaneal apophysitis be prevented?***

Calcaneal apophysitis is best prevented by having your child wear shoes that fit properly. The heel portion of the shoe should not be too tight, and there should be good padding in the heel. You may want to put extra heel pads in your child's shoes.

Some children simply get too much physical activity (such as playing on too many teams, practicing for hours, etc). Their heel pain is a message to **slow down**.