

# **Ask a Foot and Ankle Surgeon**

## **Do I Need Bunion Surgery?**

*Brett Sachs, DPM, FACFAS*

*Foot & Ankle Surgeon practicing in  
Denver, CO*

*Fellow of the American College of Foot  
and Ankle Surgeons*

(NAPSA)—One in five Americans suffers from bunions. A bunion, or hallux valgus, starts out as redness and a bump on the side of the foot near the big toe. Over time, bunions can cause chronic pain and restrict movement.



**Dr. Brett Sachs, DPM, FACFAS**

Bunions are progressive and don't go away on their own, so it's important for people with bunions to see a foot and ankle surgeon who will evaluate the severity of the deformity and develop a treatment plan. Nonsurgical treatments may reduce the chance of damage to the joint and ease the pain of bunions. However, these treatments will not reverse the deformity itself. If the pain begins interfering with normal daily activities, surgical intervention will typically be the next step.

Until recently, the procedure had been very painful and the recovery difficult. However, foot and ankle surgeons have made several advancements in surgical techniques and patients return to normal activities sooner. Recovery typically takes four to six weeks.

Foot and ankle surgeons implement pain management techniques following bunion surgery, including using nerve blocks, postsurgical pain pumps, and vitamin C and calcium supplements. These let patients recover fully with minimal pain.

For more information or to find a foot and ankle surgeon nearby, visit [www.FootHealthFacts.org](http://www.FootHealthFacts.org), the American College of Foot and Ankle Surgeons' patient education website.

*Brett Sachs, DPM, FACFAS is a board-certified foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons.*