

## Frequently Asked Questions

### BUNIONS

**01 Can I get rid of my bunions?**

Bunions cannot be removed with conservative treatment. You can only get rid of bunions with surgery.

**02 Why should I treat my bunions if I cannot remove them?**

As bunions progress, they often cause pain and further deformity, and you may face difficulty finding shoes that fit well. Adopt good practices to reduce pain and prevent the bunion(s) from getting worse. These include choosing appropriate footwear, using insoles where necessary, and strengthening the muscles of your foot.

**03 Should I go for bunion surgery?**

There are risks involved with every surgery. If you are still in pain after non-surgical treatment and the bunion affects your daily activities, you may wish to consider surgery to remove the bunion. Talk to your doctor and podiatrist for their advice.

**04 Do I have to wear podiatrist-recommended footwear and insoles everywhere I go?**

We suggest that you use the footwear and/or insole(s) recommended to you by your podiatrist as much as possible, especially if you will be on your feet for long hours. If you need to use other footwear, please make sure that you only wear them occasionally.

**05 Should I use a toe separator?**

Toe separators can be helpful in reducing pressure and friction by cushioning the toe joints, but they cannot cure or resolve bunions.

**06 Should I use a silicone bunion sleeve to protect the bunion?**

If the foot pain is due to rubbing between the bunion and the shoe, a silicone bunion sleeve may provide some relief. However, it is not a long-term solution. Poor-fitting footwear often results in poor foot function, which can worsen the bunion.

**07 Are there any medications or creams that can help with bunions?**

There are no medications or creams that can help remove a bunion. Please see a doctor if you are in pain and require pain relief.

**08 How long will it take for me to feel better?**

The time taken for pain to subside at the bunion site varies from person to person. As bunions are a foot mechanics issue, addressing foot function with orthotic therapy and wearing shoes that fit correctly (with a wide toe box) can help reduce pain on the bunion.

**09 What if I cannot find footwear that is broad enough?**

If you have a wide forefoot or if your bunion is very severe, you may find it difficult to buy comfortable shoes that fit properly. Please ask your podiatrist for advice on where to find suitable or specialised footwear.

**If you have any further questions regarding your bunion pain, kindly seek advice from your podiatrist.**

