



What is wrong with my foot?

Your little toe has turned towards your fourth toe causing a bony bump to stick out at the side of your foot and the base joint of the toe to move out of alignment. This bump may have become red and sore and is known as a 'Tailors Bunion' or "bunionette".

Why has this happened?

Tailors' bunions are usually familial and more common in females. Wearing shoes that are too tight for the width of your foot may also contribute to the formation of a Tailors' bunion.

Do I have to have an operation?

Pads, splints, foot orthoses and special shoes can be used to provide comfort but will not straighten the toe. If the bunionette and little toe are still uncomfortable despite these measures then an operation will usually be recommended.

What will the operation involve?

The operation will involve breaking a bone just behind the little toe and moving it into a straighter position. Tissues that are too loose around the joint are tightened. The bony bump on the side of the toe will also be removed. The fractured bone can be held in place with a screw(s), which is not removed unless it causes problems. The surgery can also be performed by Minimally Invasive Surgical (MIS) techniques. Surgery is performed under general or local anaesthetic. The foot will be heavily bandaged after the operation.

How successful is the operation?

Our most recent independent audit found that 93% of people are very satisfied with the results of their foot operation. This was for a wide range of foot and ankle procedures. Patients are usually very satisfied with the results of the operation. They are able to wear normal shoes again comfortably.

**INFORMATION
FOR PATIENTS
HAVING TAILORS
BUNION SURGERY
(OSTEOTOMY)**

Are there any risks associated with the operation?

As with all operations there are risks associated with the anaesthetic and surgery. Occasionally some patients may have complications such as infection, prolonged swelling, or recurrence of the condition. Following surgery it takes the foot a good 3-6 months to fully settle down.

What will happen after the operation?

The operation is usually day case but you may need to stay overnight in hospital. Mr Yates will discuss this with you. You will be given special shoes to wear over your bandages and you must wear these whenever you want to walk. The shoes must be worn for 4 weeks. You do not need to use crutches.

What happens when I leave hospital?

For the first 48 hours you will rest in bed with your legs elevated and should take the painkillers prescribed for you. You will be asked to do some foot exercises during this time. The foot will be bandaged for 1-4 weeks. You will be given an Outpatients appointment to return to have the bandages removed. You will be able to return to work from 2-6 weeks after the operation, depending on whether you need to stand or walk around a lot for your job. You will not be able to drive until you come out of the post-operative shoe.

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