



Bunionettes (Tailor's bunion)

The term bunionette means “small turnip” and can be applied to any bump on the foot, but most commonly refers to a bump along the outer surface of the foot next to the small toe.

A bunionette can be congenital (noted at a young age with similar presentation in other family members), or it can develop later in life.

Why does a bunionette hurt?

Much of the pain from a bunionette is due to mechanical irritation of the structures at the bump. These are often improved with non-operative management. Pain can also result from abnormal force through the joint which often remains symptomatic despite non-operative management.

Non-operative Management

- A shoe with a wide toe box decreases mechanical symptoms over the bunionette.
- Bunionette pads (donut pads) can decrease shear stress over the bunionette.
- Toe spacers can also decrease pressure over the bunionette.
- Night splints, wraps, etc. are commonly suggested and are readily available in retail and online stores.

Surgical Management

- The surgical treatment of a bunionette involves cutting and manipulation of the bone, and needs to be tailored to the patient and the underlying architecture. Some procedures have been described as minimally invasive or allowing earlier return to activities, but if inadequate surgery is elected due to the desire to return to activities, the risk for redeveloping the bunion is higher.
- Surgery is performed as an outpatient, so you go home the same day using a boot that most times allows early weight bearing through your heel.
- In the post-operative period, a series of bunionette splints will be applied in the office.

