

Tailor's Bunion - What You Should Know



Some orthopedic conditions occur at specific locations in our body, and one of them is Tailor's Bunion. Also known as bunionette, Tailor's bunion occurs along the side of the little toe. It is a type of bony lump that is formed when the fifth metatarsal becomes enlarged or shifts outwards.

When this condition occurs, it becomes painful to wear shoes as the lump rubs against them. Unlike other forms of bunions that grow on the inside part of the foot, tailor's bunion grows on the outside of the foot, and the exact location is the base of the little toe. This is not a common condition when compared to regular bunions and is seen in people rarely. This condition is also characterized by redness and inflammation in the little toe.

In most cases, tailor's bunions can be treated with home remedies or sometimes with corticoid injections given by the doctor. But in some cases, these treatment methods fail, and the surgeon has to perform osteotomy and fix the bones using [Orthopaedic Implants](#) like screws and plates.

What Are the Symptoms Associated with the Condition?

Tailor's Bunion is a condition with a swollen bump on the outside of the little toe, and the most common symptom associated with the condition is pain and redness on the affected site. At the start, the bump might be small, but it grows larger with time. If the person ignores the condition, and the bump keeps rubbing against the shoes, more pain and swelling will occur. This type of bunion can be seen in one or both little toes.

What Causes Tailor's Bunion?

There are multiple causes of the condition, and the most common being poorly fitting shoes. Those who wear poorly fitted shoes are more prone to developing a tailor's bunion, especially the ones that are tight or with high heels. Besides this, a tailor's bunion could also be an inherited condition. Most people inherit foot problems from their parents, and they could develop this condition as well. Other causes of this condition include inverted foot, loose ligaments in the foot, and tight calf muscles. Generally, occurs at a younger age, tailor's bunion could be worse by the time you enter your 40s.

How is Tailor's Bunion Diagnosed?

It might be the simplest one to diagnose as the doctor can see the little toe and identify the tailor's bunion. With an x-ray examination, the doctor will be able to know the issues caused to the bone of the little toe.

How Tailor's Bunion Can be Treated?

If it is not so serious, symptoms associated with tailor's bunion can be relieved with simple home remedies. One can put a silicone bunion pad over the bump, and this will help relieve pain. Plus, avoiding the bump to rub against the shoes will also be helpful. Wearing flexible shoes with a wide toe box is also a good way to manage this condition. To curb pain & inflammation, one can have prescribed non-steroidal anti-inflammatory drugs.

Above all, the application of ice for around 5 to 10 minutes on the bump is also found to be highly effective. This should be done at least 3 times a day.

Now, the question is what if these treatment methods fail to provide any relief? The answer lies here only. When these methods do not work, the doctor will try giving a corticosteroid injection to bring down swelling. Custom-made shoe inserts may also be suggested by the doctor for better results. At last, when everything fails, surgery becomes the last option. The surgeon performs osteotomy under anesthesia. During surgery, the extra part of the bone in the little toe is removed and the metatarsal is held in place using trauma implants like orthopedic implant plates, screws, and/or wires.

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Contact Information:

Siora Surgicals Pvt. Ltd.

Address: WZ- 1, 2nd Floor, Phool Bagh, RamPura New Delhi, India

Mobile: +(91)-9810021264

Email: online@siora.net

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