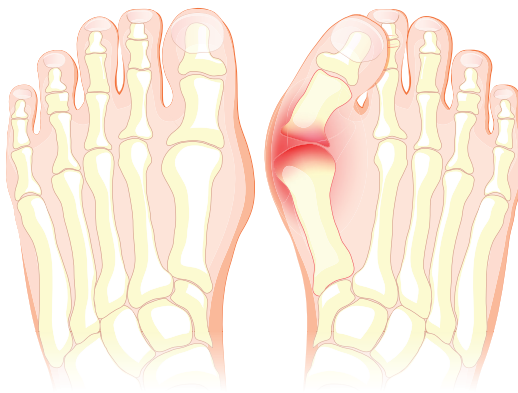


Bunions

Frequently Asked Questions



Healthy foot

Bunion

Frequently Asked Questions

1 Can I get rid of my bunions?

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

2 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.

3 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.

4 Do I have to wear podiatry-recommended footwear and insoles everywhere I go?

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

5 Should I use a toe separator?

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.

6 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.

7 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.

8 How long will it take for me to feel better?

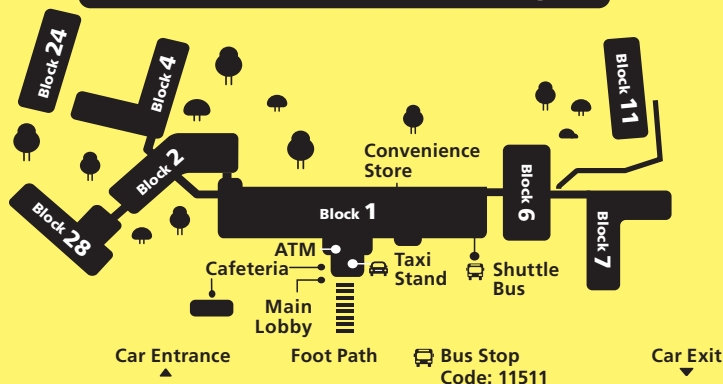
The time taken for pain to subside at the bunion site varies from person to person. As bunions are a foot mechanics issue, addressing foot function with orthotic therapy and wearing shoes that fit correctly (with a wide toe box) can help reduce pain on the bunion

9 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, kindly consult your podiatrist.

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic
 - Urology Clinic
 - Vascular Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (Dec 2021) and subject to revision without prior notice.

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