Why You Should Think Twice About Bunion Surgery

If you are considering Bunion Surgery, you not only need to understand the procedure itself but you need to think about all the possible Consequences, Risks, and Costs involved.

The following information will allow you to make a more educated decision whether or not to go the surgical route.

Complications, Risks, and Cost of Bunion Surgery

Recovery Time- The actual surgery involves dissecting the foot, breaking the big toe, tightening the ligaments on the outside of the toe, and releasing the ligaments on the inside. This process requires months of healing and rehabilitation. It can take anywhere between 3 months and one year to entirely heal.

This includes 2 months on crutches. Pain can be excruciating after surgery. Months of swelling with lots of inactivity will prevent you from performing any of your daily activities or even exercising. You also need to factor in your opportunity costs of missing work or being less productive at work.
Cost- It all depends on the severity of the surgery but when you include the cost of the anesthesiologist, hospital fees, surgical center fees, pre-op fees (such as x-rays and tests), pain medication, antibiotics (to prevent infection), equipment (such as crutches or a wheelchair), and post operative shoes, total cost can run anywhere from $5,000 to $40,000.
**Infection**- Can be a catastrophic problem. Wound infections develop from the migration of microorganisms that normally inhabit the skin into the wound where they are capable of rapidly proliferating.

**Recurrence**- The *most common* complication of bunion surgery is the recurrence of the bunion months or years later. A review of bunion surgeries shows that up to 33% of people who have surgery for bunions are disappointed in the result.
Nerve Injury- The surgeon must be extremely careful when contemplating the location of the incision on the foot through which to perform the procedure. Care must be taken to avoid damaging or injuring the sensory nerve that passes along the medial, or inner, border of the foot; the metatarsal-phalangeal joint and medial aspect of the great toe. Injury or damage to this nerve can lead to permanent numbness along the incision areas well as the potential formation of a painful neuroma, or swollen nerve tissue.
**Long-Term Stiffness** - Unwanted or unexpected long-term great toe stiffness can occur. This is typically the result of the body's response to the insult of the surgical procedure.

![Foot with surgical incision](image)

**Scaring**

Scaring is a reality of surgery. It can take years for a scar to begin to fade.

![Foot with scar](image)
Over or Under Correction of The Bunion

Moving the metatarsal head during the surgery is based upon a doctor’s judgement at the time of the surgery. Hallux varus is when there is over correction and the first metatarsal remains in its anatomical position while the toe moves away from the foot towards the middle of the body. Unfortunately, once this happens it is difficult to repair.

Finally, there is a Revolutionary Alternative Option to Bunion Surgery that will help you AVOID ALL the Consequences, Risks, and Costs of Bunion Surgery mentioned above and still get the results you deserve.

Continue Reading for More Information………..
An Alternative Option To Bunion Surgery

Until now, the only cure for sufferers of bunions was a brutal operation. It involved cutting open and detaching the toe joint, sawing off parts of the foot bones, and then piecing it back together. The procedure is so painful that only one foot is operated on at a time (so as to not incapacitate the patient). Even after the surgery, the patient is still left to hobble on crutches for the next three months. A general anesthetic is usually necessary, scarring is inevitable, and often normal shoes can’t be worn for up to a year. So, its not surprising that just a handful of the millions who suffer (with 85 per cent of them women) choose to undergo this torment each year.

Now, a pioneering treatment promises to end the misery of bunions with:

**NO** Recovery Time

**NO** Down Time
NO Scaring

NO Risk of Infection

NO Possibility of Nerve Injury

NO Long-Term Stiffness

NO Over or Under Correction of the Big Toe

NO Recurrence of Bunion After Surgery

There is also a very good certain outcome with lasting results. To top it all off, this revolutionary non-surgical bunion treatment option is a fraction of the cost of Bunion surgery.

*So, how does this revolutionary non-surgical bunion treatment procedure work?*

The very first step is the **Examination**. We will measure the angle of the big toe, your gait, and any pain associated with the bunion both actively and at rest. At the end of the program, we will perform the assessments again and compare the difference. The difference should be significant.

To comprehend the next step, you need to understand that the bunion is not caused by a bone deformity but a shifting in the alignment of the big toe due to muscle imbalances in the foot. The doctor administers a **Frequency Specific Microcurrent** on the bunion and foot involved. The treatment allows the doctor to indirectly shift the big toe back into alignment by correcting the muscle imbalances. This results in the strengthening and loosening of the muscles responsible for contributing to the toe misalignment in the first place. This will create a condition in which the big toe re-aligns itself to the proper position. The Microcurrent is a key element in achieving the desired result.
The doctor then performs a precise **Acupuncture** technique to increase foot health and reduce any swelling caused by the bunion. (If you don’t like needles, the doctor has a needless option as well).

Next, the doctor delivers a very specific **Foot Adjustment** to restore proper joint motion, decrease foot pronation, and to help align the foot and big toe.

Last, the doctor performs a specialized **Advanced Muscle Therapy** designed to loosen up muscles in the body allowing you to feel relaxed, improve your posture, and reduce pain. Due to bunion deformity and associated pain, patients tend to walk irregularly by compensating certain muscles. By putting extra stress on the muscles, the muscle fibers will become tight, painful, and will result in limited range of motion. This will inevitably result in bad posture. Advanced Muscle Therapy helps to reduce this.

After the procedure, you are sent home with Specialized Bunion Orthotics, Natural Supplements/Topical Creams, and Bunion Home Exercises.

Our **Specialized Bunion Splints** are German engineered. These award winning, high quality splints provide the benefits of a day and night splint for bunion pain relief and complete protection. Our specialized orthotics:

- Can be worn at home during normal activities, barefoot, or with a sock.
- Adjustable. Easy to use. The soft cushion adjustable straps and pad feel supportive and good on your feet.
- Sleep in it. Your toes and feet will move naturally while keeping alignment.
- Helps prevent bunion progression, overlapping toes, hammertoes, and surgery.
- So comfortable you will wear it more often
- Washable
Our Natural Supplements and Topical Creams are prescribed to you in order to decrease joint inflammation and help shrink bunions.

Our specialized Bunion Home Exercises are quick and easy to perform. They allow you to maintain the muscle strength that you built up throughout the treatment period. It is a proactive approach that keeps you completely in control of your own recovery.

**How many treatments do I need to receive?**

The standard treatments are 10 treatments within a two week period.

**How much does it cost?**

The cost of the procedure depends on the patient’s condition but one thing is for sure......It is a very small fraction of the cost of invasive bunion surgery (especially when you factor in the cost of anesthesia, hospital fees, surgical center fees, pre-op fees (such as x-rays and tests), pain medication, antibiotics (to prevent infection), equipment (such as crutches or a wheelchair), and post operative shoes. Going the conservative non-surgical route is a no-brainer. Coming in for your no obligation, free consultation is the best way for us to assess you and give you an exact price.

**Is everything included?**

YES! All examinations, microcurrent treatments, acupuncture (needleless option available), foot adjustment, advanced muscle therapy, specialized bunion orthotics, natural supplements/topical creams, and bunion home exercise instructions are all included in the price.