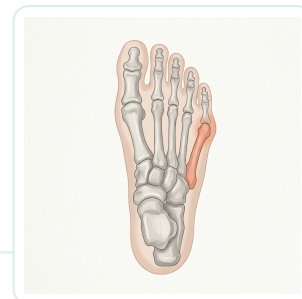


PATIENT EDUCATION · MINIMALLY INVASIVE FOOT & ANKLE PROCEDURES

Tailor's Bunion Correction

A tailor's bunion, also called a bunionette, is a painful bony prominence at the base of the little toe, where the fifth metatarsal meets the toe. Like a traditional bunion, it is usually caused by an inherited faulty mechanical structure of the foot and can be aggravated by narrow shoes. It may cause redness, swelling, and pain over the outside of the foot. Many patients improve with conservative care; correction may be considered for eligible patients when symptoms persist.



For educational illustration only.

At a Glance

Focus area	Minimally Invasive Foot & Ankle Procedures
Goal of care	A tailor's bunion, also called a bunionette, is a painful bony prominence at the base of the little toe, where the fifth metatarsal meets the toe.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Patients with a painful bump at the base of the little toe
- Those with redness, swelling, or shoe irritation over the outside of the foot
- Eligible patients who have not improved with conservative care

How We Evaluate

- Examination of the forefoot and little toe joint
- Weight-bearing x-rays to assess the fifth metatarsal alignment
- Review of symptoms, footwear, and prior treatments

When to Seek Care

- A bump on the outside of the foot that is painful or growing
- Recurring redness, swelling, or a callus over the little toe joint
- Pain that limits footwear choices or activity

Treatment Options

- Wider footwear, padding, and shoe modifications
- Icing, anti-inflammatory measures, injections, or orthotics when appropriate
- Small-incision or traditional surgical correction for eligible patients

What to Expect

1

A personalized plan based on your exam and imaging

2

Guidance on footwear, activity, and recovery

3

Coordinated follow-up through the Wigley Feet team

Your Surgery Journey — Before, During & After

BEFORE SURGERY

- Complete any requested labs, imaging, or medical clearance
- Review your medications with us — some may need to be paused
- Follow eating/drinking instructions if anesthesia is planned
- Arrange a ride home and loose, comfortable clothing
- Wash the foot the night before; remove nail polish if asked

DURING SURGERY

- Local anesthesia numbs the area for most office-based procedures
- You may feel pressure or movement, but should not feel sharp pain
- Most procedures take roughly 30–90 minutes
- Our team monitors your comfort throughout

AFTER SURGERY

- A sterile dressing protects the surgical site
- You may receive a surgical shoe or boot for walking
- Mild soreness is normal as numbness wears off
- Written instructions and follow-up scheduling before you leave

Dr. Wigley's Post-Op Instructions

1. Keep the dressing clean, dry, and in place until we remove or change it — no peeking.
2. Elevate the foot above heart level as much as possible for the first 48–72 hours.
3. Apply ice as directed (about 20 minutes on, 20 off) over the dressing — never directly on skin.
4. Take medication exactly as prescribed; stay ahead of pain rather than chasing it.
5. Follow your weight-bearing instructions and wear the surgical shoe/boot whenever walking.
6. No soaking, baths, swimming, or getting the site wet until cleared at follow-up.
7. Call the office right away for: fever over 101°F, spreading redness, foul drainage, bleeding through the dressing, severe pain not relieved by medication, or new calf pain/swelling.
8. Keep every follow-up appointment — healing is monitored at each visit.

Important: These are general guidelines. Always follow the personalized instructions given to you at your visit — they take priority over this handout. Questions after surgery? Call (305) 895-9528.

Common Questions

Is a tailor's bunion the same as a regular bunion?

They are similar, but a tailor's bunion occurs on the outside of the foot at the little toe, while a traditional bunion occurs at the big toe joint. Both are progressive bony prominences that can be aggravated by footwear.

Do all tailor's bunions need surgery?

No. Many patients improve with wider shoes, padding, and other conservative measures. Surgery is considered for select eligible patients when symptoms persist despite conservative care.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- American Podiatric Medical Association — apma.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.