

Special Report:

All Bunions Are Not Created Equal

What are the best shoes for bunions?

First of all, let us again dispel the common myth that bunions are caused by shoes. Bunions are typically genetic; blame your heritage and not your heels. They are more common in women, hence the incorrect association with high heeled shoes. Bunions can cause rubbing on the outside and top of the foot, as well as general joint and tendon pain. Shoes did not cause your bunion, and they can't fix it - but you can make choices that will help you keep moving with less pain.

Obviously a shoe with a wider toe box will accommodate the bunion, and cause less rubbing and pain. Athletic shoes in a wide width can be a good choice. Dr. Milkie also often advises an [extra depth shoe](#) for bunions. Here is a great [list of shoes](#) that have a good shape and width for conforming to a bunion. In general, brands liked by Milwaukee Foot Specialists doctors and patients include [Miz Moos](#), [Ecco](#), [Born](#), and [Sofft](#).

However, if the shoe is wide overall (and your foot is not), there can be too much room in the heel. This improper fit can cause blisters and calluses from too much motion. In addition, a loose heel fit can lead to poor alignment and unstable walking - potentially causing more pain and injuries in the future. It is possible to find shoes with a wider toe box and more narrow heel, [here is a great list](#) to start with.

Another way to accommodate both your bunion and the rest of your foot is with a custom orthotic, which we can help you with. An insert that is scientifically created to match and correct your unique foot can make almost any pair of shoes a "custom fit." Of course, you will need to look for shoes with removable insoles in order to use your custom orthotics. Check out this [list of comfortable women's flats with removable insoles](#).

Shop for or try on shoes late in the day. Bring your orthotics with you when shoe shopping to ensure a good fit. In addition, bring the shoes that you wear most often when you visit your podiatrist. We can often make adjustments to your orthotics or recommend a change in footwear to make you more comfortable. Make an appointment with Milwaukee Foot & Ankle Specialists today to learn about how our bunion treatments can help you.

Relief from Painful Bunions is Within Your Reach

"I can't bear the pain of my bunions, but I have heard, time and again, that bunion surgery is often ineffective and can even make the pain worse than it was before surgery. I want to do something, but am worried that the surgery won't work for me."

Does this sound familiar? Have you often wondered just how long you can bear the pain

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before taking to a podiatrist about treatment options for your bunions? If so, you are certainly not alone.

Every day we see patients who have come in after years of pain and are still terrified about the possibility of ineffective surgery. What too many people don't understand is that only an expert foot surgeon should be trusted with treating bunions. Too often, the horror stories they hear are caused not by the surgery, but by the surgeon.

Only an experienced podiatrist and an expert in the surgical treatment of bunions should be allowed to operate on your feet. The Milwaukee Foot Specialists are these experts.

Treatment Options for Bunions

Treatment of your painful bunions will depend on the severity of your bunion and the level of pain you are in. The most common treatments our [Wauwatosa podiatrists](#) recommend include:

- Resting the foot or feet
- Wearing shoes with a wider toe box
- Use of anti-inflammatory medicines, such as Advil or Motrin
- Regular application of a cold pack to affected area
- Stretching exercises
- Orthotic devices, such as a bunion splint
- Custom insoles
- Local injection of cortisone
- Surgical treatment of the bunion and misaligned big toe

It is important that your Wauwatosa foot and ankle surgeon takes the time to understand your situation. Each bunion is unique and requires a custom treatment plan. Too often, the podiatrists at Milwaukee Foot Specialists see patients who have received bunion treatments that were ineffective or even damaging.

Our expert foot and ankle surgeons work hard to keep up with innovative, effective bunion treatments. Contact the Milwaukee bunion treatment experts at **888-697-0551** to make an appointment. You do *not* have to suffer with painful bunions any longer.

Bunion Surgery Before and After Pictures

In order to fully understand the positive impact our Wauwatosa foot surgeons have on the lives of our patients, please take a minute to view the before and after pictures of some of our many bunion surgeries. We believe that in this instance, a picture is indeed worth a thousand words.

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BEFORE:



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AFTER:



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Testimonials

I recently had bunion repair surgery performed by Dr. Chris Milkie that included fusing of a toe joint. The disabling pain that I had experienced for so long disappeared within three to four days, and I am now able to walk without pain, limping, or hesitation. Overall, I was very satisfied by the professionalism of Dr. Milkie and his team.

*Michael M., MD
Milwaukee, WI*

Dr. Milkie is the type of Doctor we are all looking for - he is knowledgeable, professional, yet down-to-earth. I am now pain free and can wear sandals on my no-longer-bunion-deformed feet. The bunion correction has changed my life.

-SB

For years, I suffered from painful bunions and hammertoes on both of my feet. I had heard a lot of negative things about bunion surgery and my fear would always get the best of me. As time went by, the pain grew worse and I saw my feet getting more deformed. Standing at my job and even taking walks became increasingly painful. After having surgery on my right foot, I was back to work in six weeks. I am looking forward to bike riding and taking long walks this summer. Thank you, Dr. Waldman, for correcting my foot problems. You did an excellent job exceeding my expectations.

-BS

If you are ready to end your pain and walk without worry, make an appointment today. Experience. Expertise. Exceptional care. That's the Milwaukee Foot Specialist guarantee. **414-257-0676.**

What is the bunion surgery procedure with the best outcome? What about minimally invasive bunion surgery, or bunionectomy? What is the difference, and what is the best for me?

These are questions that we hear frequently at Milwaukee Foot Specialists.

Did you know that your bunion can be removed using a Minimal Incision Surgery, or MIS? In fact, this technique may just be your best option. Imagine having that painful, unsightly condition removed in under 30 minutes and getting back to a regular shoe in under 10 days. Now compare that to how bunions were once treated using a large incision, a hospital stay of one week, a cast for six weeks, and three months before you could wear your own shoes.

Minimal Incision Surgery, Minimally Invasive Surgery, or MIS, has become more common in treating all parts of the body. The foot is no different. MIS is not to be mistaken for laser surgery. Although we do use lasers for treating some foot conditions, those conditions that can be treated using a Minimal Incision Surgery technique can't be treated with a laser.

What exactly do we mean by Minimal Incision Surgery? The incision is usually just 1/8" compared to most incisions for surgery in the foot that are 2-10 centimeters. All of the work to fix the condition is done through this tiny incision. There are many advantages to having a small incision, such as less pain after the procedure, faster healing, decreased risk of infection, and less time off of work, just to name a few.

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In addition to bunions, other common foot conditions that can be treated using MIS are hammertoes, corns, neuromas, and bone spurs. Some conditions can be treated right in our office under local anesthesia. You can walk out of the office with only one stitch and a small bandage. No cast or crutches are necessary. What is more, you can return to your own show in just a few days.

In our practice, surgery is usually the last resort for most foot conditions. When it is necessary, using Minimally Invasive techniques may be the best option. If you have been considering having your bunion removed or have another foot concern, we invite you to consult with us about the possibility of Minimal Incision Surgery.

To make an appointment at any of our four conveniently located offices, call **414-257-0676** today.

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