Everything You Should Know About Tailor's Bunions

What is tailor's bunion?

A tailor’s bunion, also called a tailor’s bunion, is a callous forming along the side of the little toe, usually on the side where the metatarsal bone becomes wider or sloughs off. The bunion is caused by a bone that is quite long and is prominent to the point where it causes pressure and irritation to the adjacent tissue.

A tailor’s bunion is in effect a regular bunion but in a different location. Typical bunions are found on the side of the toe of the big toe. Tailor’s bunions are caused by the side of the little toe. Tailor’s bunions are also caused by the side of the big toe.

Tailor’s bunion forms on someone who is regular bunion. In the most common position, the American College of Physicians has noted that tailor’s bunions are found most often in those who are quite long and are prominent to the side of the big toe. Tailor’s bunions can be quite long and are prominent to the side of the big toe.

Symptoms

A tailor’s bunion is a small bump on the outside of your little toe. The bump may start out small but grow larger with time. It may also hurt and pitch in. The bump may be more noticeable and pitch in when it gets in your slipper or shoe.

You can get this type of bunion on one or both feet. The bunion can also be more severe in the area of the toe that is the side of the foot. The bunion can also be milder in the area of the toe that is the side of the foot.

Causes

You can get this type of bunion fromwear very tight-fitting shoes, such as very high heel shoes. Even thin shoes that are a bit tight can cause a problem. If you are unsure about how tight your shoes may be, you should have a tailor’s bunion.

How to treat it at home

Some simple modifications can help relieve the pressure and irritation on your little toe. For example:

- Put a loose bandage around the foot to prevent swelling, or try a tailor’s bunion from rubbing against your clothing.
- Wear shoes that are wide and allow for a little toe. Avoiding wearing narrow shoes, shoes with tight points, or shoes that are too small.
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How to treat tailor’s bunions

When tailor’s bunions don’t clear up on their own, your doctor may suggest the following:

- A tailor’s bunion may need to be removed surgically. This can be done in a doctor’s office or a hospital setting. It may require more than one visit to the doctor.
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Other treatment options

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Recovery expectations

How long it will take you to recover from tailor’s bunion surgery depends on the location of your bunion and the type of surgery performed.

When you can return to your regular activities

Expectations for recovery

When you can return to your regular activities

Outlook

Surgery is usually recommended for tailor’s bunions of at least 6 months. Sometimes a tailor’s bunion can be treated with injections. When surgery is required after the surgery, the bunion may need to be removed surgically. This will be done in a doctor’s office or a hospital setting. It may require more than one visit to the doctor.

How to prevent tailor’s bunions

To prevent tailor’s bunions, always wear shoes that are wide and allow for a little toe. Avoid wearing narrow shoes that are too long or too short. Tight shoes may cause pressure and irritation to the adjacent tissue.

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