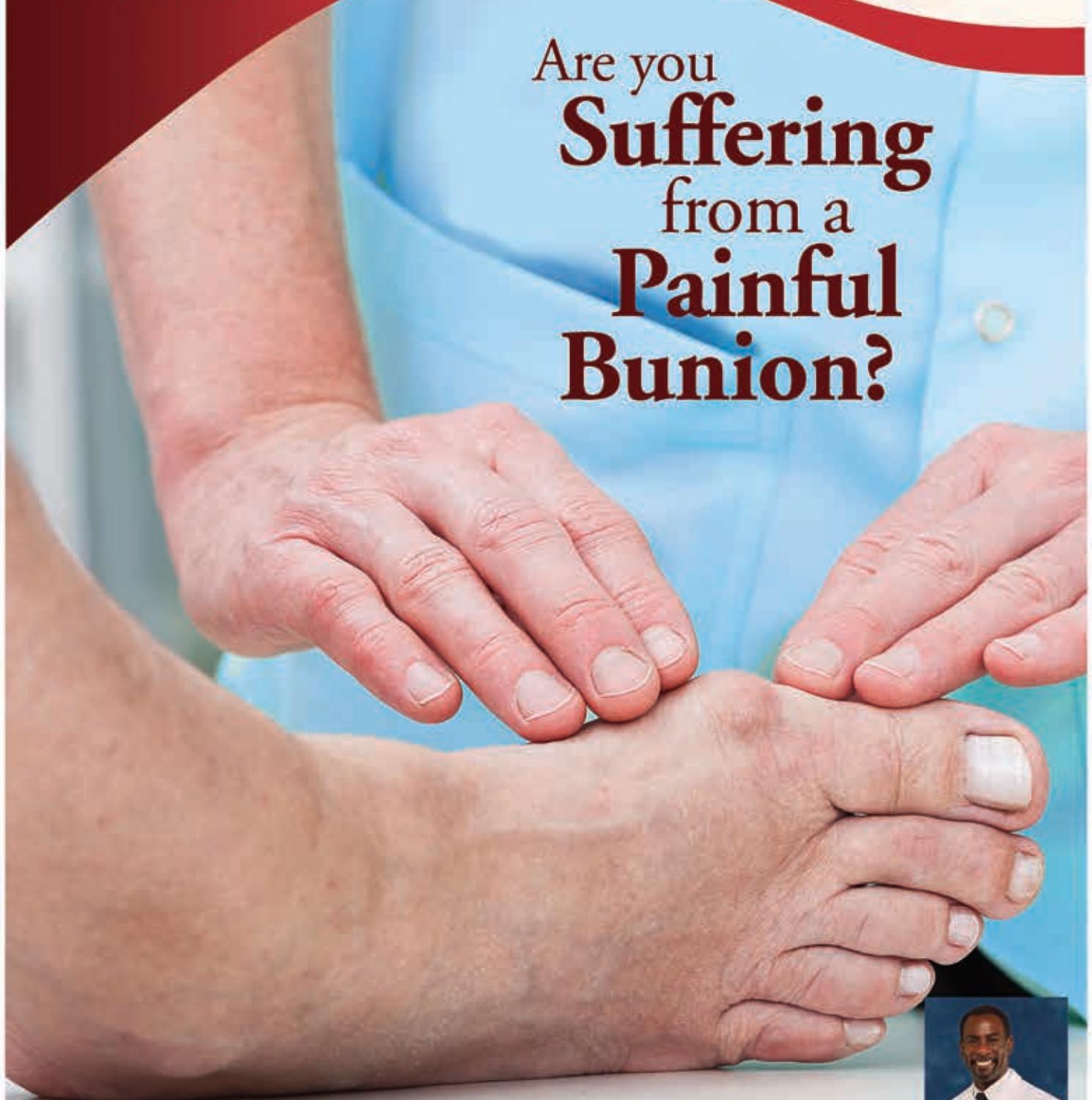




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Are you  
**Suffering**  
from a  
**Painful**  
**Bunion?**



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Brian Middleton, D.P.M.

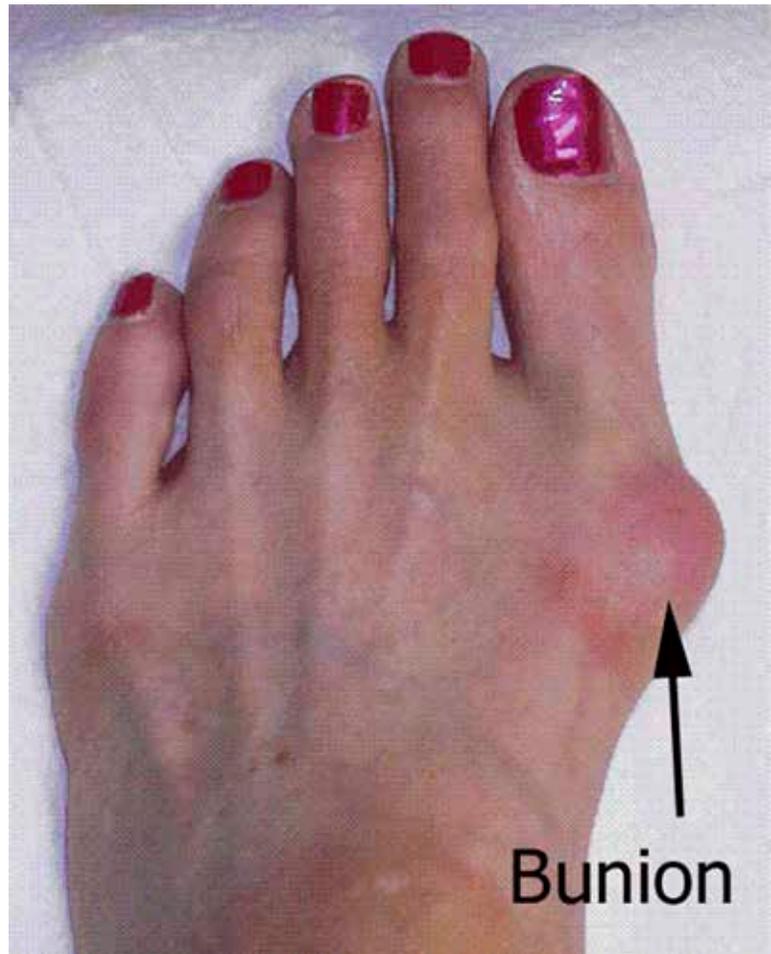


## What is a bunion?

**A bunion is a bone deformity on the foot that forms when the toe moves out of place.**

Bunions form as the joint located at the base and side of the big toe becomes enlarged. This enlargement creates a bump that causes friction and pressure as it rubs against your footwear. As your

big toe pushes up against your other toes, it forces the big toe joint in the opposite direction. **Bunions can become very painful** as the abnormal positioning continues to enlarge your big toe, further crowding your other toes. The photograph above shows what a bunion looks like.





## What causes bunions?

Bunions can be caused by a number of different factors. **The primary cause of bunions is heredity.** If your parents or someone else in your family has bunions, it's likely you will too. Bunions are genetic in nature, but **another common cause that helps a bunion develop is wearing shoes that don't fit your foot correctly**, especially shoes that squeeze your toes together.



## Are you ignoring your bunion?

A bunion won't go away on its own. It will continue to get worse over time and become more and more painful. **It's hard to ignore something that is causing you pain.** You will constantly be reminded of your bunion as it continues to grow and becomes easily aggravated when it rubs against your footwear, causing friction and pain. Aside from the pain it causes, you also don't want to ignore your bunion because it could cause arthritic changes to your big toe. This will cause the joint to stiffen due to cartilage damage, and may result in loss of big toe movement. Bunions are treated with conservative care and/or surgery.



## What are conservative treatment options?

Bunions are not able to heal themselves because they are a bone deformity. The goals of bunion treatment are to relieve the pressure and pain caused by the irritation of the bunion and to stop the continued growth of the bunion. Before settling on bunion surgery, there are other treatment options that are worth giving a try such as:

- The use of protective padding or bandaging that helps eliminate the friction caused by rubbing against shoes
- Accommodating the bunion with carefully selected and proper fitting footwear
- Anti-inflammatories
- Wearing splints at night to help the toes and joint align correctly
- Physical therapy that helps maintain the joint mobility and prevent stiffness or even arthritis
- Custom orthotics that help stabilize the joint by placing the foot in the correct position for walking and standing

**If conservative care fails, surgery is indicated.**





## Minimally invasive “keyhole” bunion surgery. What is it?

**The newest, most advanced bunion surgery yet! Virtually no scar or pain, minimal swelling and a quick recovery.** This bunion correction procedure was developed in Europe but Dr. Middleton has modified and optimized it for the best results. The procedure corrects the bunion with only 2 or 3 small incisions causing little to no pain, and minimal to NO scar is produced. Most patients are suitable for this type of surgery. There is far less swelling than traditional bunion surgery which means you will be back in your shoes much sooner. The correction is stable and permanent using a wire fixation that is removed in about 4 weeks. Mild bunions may not require wire fixation. Patients can generally bear weight after surgery wearing a post-op shoe.

### The benefits of minimally invasive bunion surgery versus traditional surgery are:

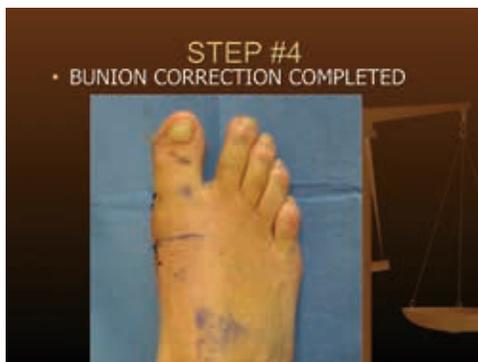
- Minimal swelling
- Less pain
- Less anesthesia, including no need for general anesthesia
- Smaller incisions
- Minimal scarring
- Limited discomfort
- Typically results in a timely return to normal activity





## How is this procedure performed?

The surgery takes about 35 minutes, however you will be at the surgery center for about 2 hours total from admission to discharge. Patients can bear weight immediately after the procedure.



## Where is the procedure performed?

Dr. Middleton performs surgery in a state certified, licensed ambulatory surgery center which provides the highest level of safety and sterility.





## Is this procedure for me?

Most people are eligible for minimally invasive bunion surgery. However, it's not everyone. Some deformities are too large or not suitable to be corrected using this technique. A consultation will allow you to discuss your options in detail and decide which method of bunion correction is appropriate for you.

## Fly-In Keyhole Bunion Program

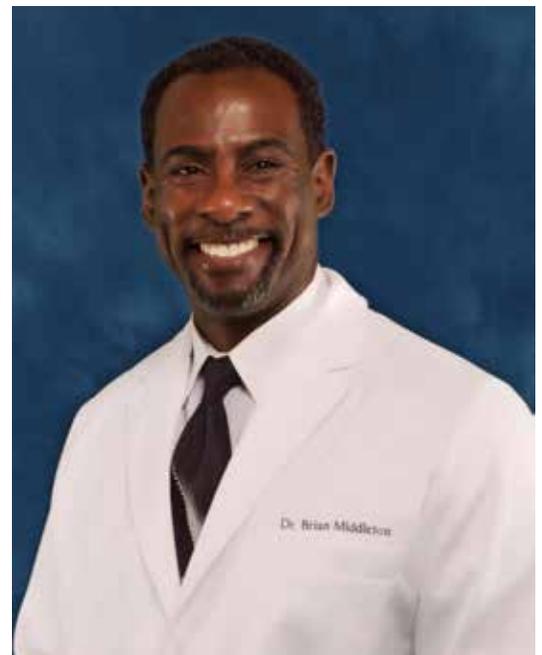
Do you reside outside Georgia or the United States? We can accommodate you with Dr. Middleton's Fly-In Keyhole Bunion Program. The program has 4 easy steps: 1) Initial contact 2) Consultation (skype or phone) 3) Fly-in for bunion surgery and 4) Post-op management in your home city.

For more information, click [Fly-In Program](#) on our website.

## Meet Dr. Middleton

Dr. Brian Middleton, D.P.M., pursued his premedical education and graduated with an Electrical Engineering degree from Purdue University in West Lafayette, Indiana. He received his Doctorate in Podiatric Medicine in Cleveland, Ohio, then completed a multi-year surgery residency in Atlanta, Georgia.

Dr. Middleton has been in practice in Rome, Georgia, since 1991. He is an active member of many medical specialty organizations and is available to speak on various foot and health topics, addressing community groups and health fairs.





*Medical Foot Care Center*

*Rome, Georgia*

**End the misery of bunions  
with quick recovery time and most remarkably,  
virtually painless with minimal scars!**



Patients all over the country  
seek out Dr. Middleton  
for his innovative,  
modified and  
minimally invasive, keyhole bunion procedure  
that has produced impressive results.

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