

# Big toe alignment after your bunionectomy

**Perfect alignment** of the big toe after your surgery is a bit of a balancing act. There are many factors over time that can lead to a drift in an unwanted direction.

The perfect (anatomically normal) position of the toe is 10-15 degrees tilted towards the lesser toes, so a gentle curve will exist on this side of the foot. It is not natural for the big-toe side of the foot to be completely straight!

**Starting a couple weeks from the surgery, you should keep an eye out on your big toe alignment and 'splint' the toe over if it is drifting in either direction.**

If it is drifting towards the lesser toes, you should put a gel toe spacer (PediFix Visco-GEL Toe Spacers – Large from Amazon) **IMAGE ON THE RIGHT** between the big toe and 2<sup>nd</sup> toe during the day and use a Bunion Regulator (PediFix night time Bunion regulator from Amazon) at night. **IMAGE ON THE LEFT**



**KT taping** of the toe into correct position is the most versatile method to keep the big toe aligned after surgery. Here's a video on how to do it. **We recommend only using the first 1 or 2 strips!** <https://www.youtube.com/watch?v=aeZzCf0sQ28>



The **Caretas Bunion Corrector** is also a powerful tool for maintaining correction of the toe.

No matter what method you use to splint the toe, proper alignment should be maintained for **3-6 months** after surgery.

