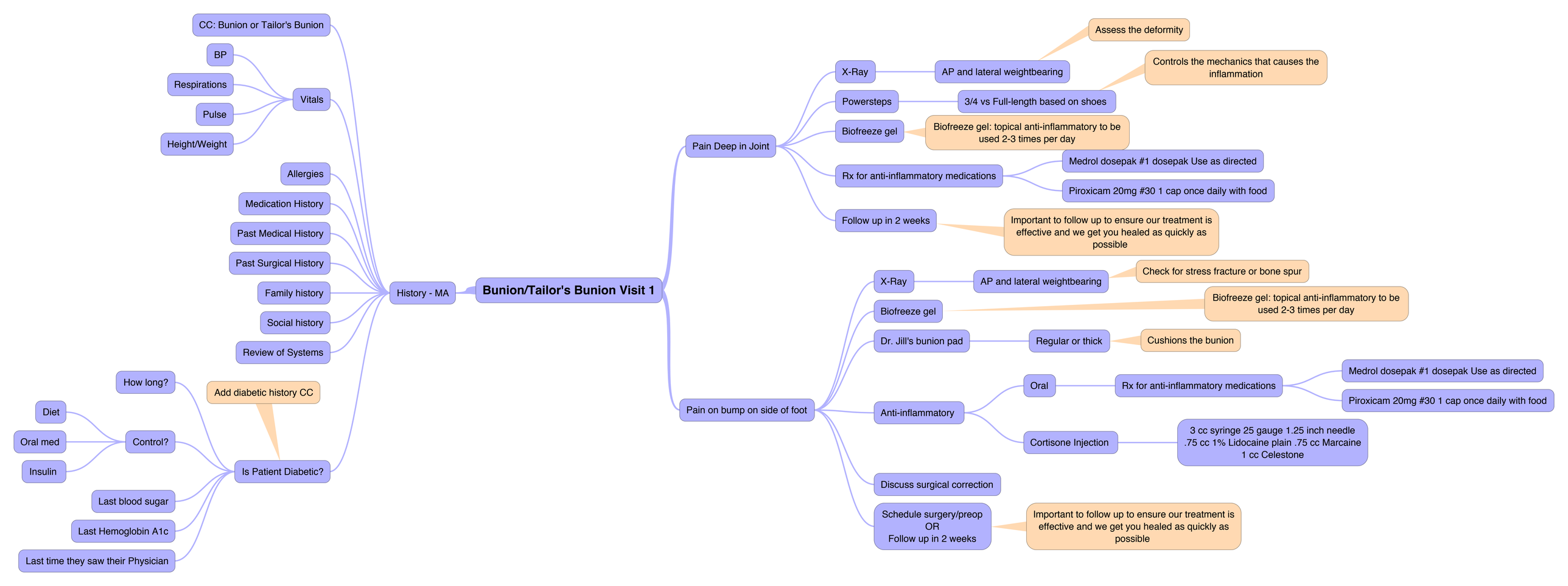
Bunion/Tailor's Bunion Visit 1
History - MA
CC: Bunion or Tailor's Bunion
Vitals
BP
Respirations
Pulse
Height/Weight
Allergies
Medication History
Past Medical History
Past Surgical History
Family history
Social history
Review of Systems
Is Patient Diabetic?
How long?
Add diabetic history CC
Control?
Diet
Oral med
Insulin
Last blood sugar
Last Hemoglobin A1c
Last time they saw their Physician
Pain Deep in Joint
X-Ray
AP and lateral weightbearing
Assess the deformity
Powersteps
3/4 vs Full-length based on shoes
Controls the mechanics that causes the inflammation
Biofreeze gel
Biofreeze gel: topical anti-inflammatory to be used 2-3 times per day
Rx for anti-inflammatory medications
Medrol dosepak #1 dosepak Use as directed
Piroxicam 20mg #30 1 cap once daily with food
Follow up in 2 weeks
Important to follow up to ensure our treatment is effective and we get you healed as quickly as possible
Pain on bump on side of foot
X-Ray
AP and lateral weightbearing
Check for stress fracture or bone spur
Biofreeze gel
Biofreeze gel: topical anti-inflammatory to be used 2-3 times per day
Dr. Jill's bunion pad
Regular or thick
Cushions the bunion
Anti-inflammatory
Oral
Rx for anti-inflammatory medications
Medrol dosepak #1 dosepak Use as directed
Piroxicam 20mg #30 1 cap once daily with food
Cortisone Injection
3 cc syringe 25 gauge 1.25 inch needle
.75 cc 1% Lidocaine plain .75 cc Marcaine
1 cc Celestone
Discuss surgical correction
Schedule surgery/preop
OR
Follow up in 2 weeks
Important to follow up to ensure our treatment is effective and we get you healed as quickly as possible