



## **Bunionette Surgical Treatments – Single Service**

*Clinical Guidelines for Medical Necessity Review*

**Version:** 2  
**Effective Date:** September 20, 2024

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## Guideline Information:

**Specialty Area:** Diseases & Disorders of the Musculoskeletal System

**Guideline Name:** Bunionette Surgical Treatments (Single Service)

**Literature review current through:** 9/20/2024

**Document last updated:** 9/20/2024

**Type:**  Adult (18+ yo) |  Pediatric (0-17 yo)

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# Medical Necessity Criteria

## **Service: Bunionette Surgical Treatments**

### General Guidelines

- **Units, Frequency, & Duration:** None.
- **Criteria for Subsequent Requests:** None.
- **Recommended Clinical Approach:** Bunionette is a deformity of the fifth metatarsal bone at the base of the little toe where it meets the metatarsal head.<sup>1</sup> Bunionette is usually caused by constraining footwear. Women are more likely to develop this deformity.<sup>2</sup> It is sometimes referred to as a “tailor’s bunion”.<sup>3</sup> There is a prominence of the fifth metatarsal head projecting laterally. Although the occurrence is not as common as bunions, they are similar in symptoms and causes. Initial treatment may include footwear modification, padding, or shaving of the callus. Surgical treatment may include resection of the lateral aspect of the fifth metatarsal head or an osteotomy.
- **Exclusions:** None.

### Medical Necessity Criteria

#### Indications

- **Bunionette surgery** is considered appropriate if **ALL** of the following are **TRUE**<sup>1-5</sup>:
- ◆ The patient has **ANY** of the following positive findings:
    - Pain and swelling at the site of the lateral prominence of the fifth metatarsal head; **OR**
    - Callus formation laterally; **AND**
  - ◆ Failure of conservative management for greater than 3 months, including **ALL** of the following<sup>3</sup>:
    - Oral steroids, anti-inflammatory medications, or analgesics; **AND**
    - Physical therapy; **AND**
    - Shoe modifications; **AND**
    - Orthotics, protective cushions/pads; **AND**
    - **ANY** of the following:

- Corticosteroid injection if medically appropriate; **OR**
- Corticosteroid injection is contraindicated; **OR**
- ◆ Radiographic confirmation of **ANY** of the following<sup>2</sup>:
  - Bony prominence of the 5th metatarsal head; **OR**
  - 4th/5th IM angle greater than 9 degrees; **OR**
  - 5th MTP angle greater than 15 degrees.

**Non-Indications**

- **Ostectomy** is not considered appropriate if **ANY** of the following is **TRUE**:
- ◆ Inadequate blood supply that could prevent healing; **OR**
  - ◆ The patient has not reached skeletal maturity; **OR**
  - ◆ Presence of active infection, untreated infection at the surgical site (may be necessary for a diabetes mellitus ulcer correction).

**Level of Care Criteria**

Outpatient

**Procedure Codes (CPT/HCPCS)**

CPT/HCPCS Code	Code Description
28110	Ostectomy, partial excision, fifth metatarsal head (bunionette) (separate procedure)
28308	Osteotomy, with or without lengthening, shortening or angular correction, metatarsal; other than first metatarsal, each

# Medical Evidence

Thomas et al. (2009) developed a Clinical Practice Guideline for the American College of Foot and Ankle Surgeons for the diagnosis and treatment of forefoot disorders: digital deformities. The guideline consists of multiple pathways, which include digital deformities, central metatarsalgia, Morton's neuroma, tailor's bunion, and trauma. They state that trauma may be an etiology of digital deformity; however, congenital or acquired deformities are more common. Examinations are generally performed sitting or standing, and gait analysis is stated to be beneficial. Regarding clinical maneuvers, the push-up test is effective at determining whether the deformity can be reduced. The metaphalangeal joint drawer test assists in confirming sagittal and transverse instability and the potential for plantar plate pathology.<sup>5</sup>

In a 2019 systematic review, Cooper, Granadillo and Coughlin state that the literature is limited regarding the success of nonsurgical treatment of bunions that are symptomatic. These treatments include shoe wear modification and padding. Corticosteroid injections were shown in studies to have positive effects for up to two years. From a surgical perspective, the group stated that metatarsal head resection is typically reserved for unhealthy patients as poor outcomes such as transfer metatarsalgia, and painful fifth toe deformity have been reported. Type I bunionette deformities are often successfully corrected with distal chevron osteotomy or subcapital oblique osteotomy. Minimally invasive surgical techniques have increased in popularity in recent years with positive study outcomes.<sup>4</sup>

Michels and colleagues (2021) conducted a survey study of 50 orthopedic surgeons with specific experience in percutaneous bunionette correction. A 92% response rate was obtained, and condylectomy was found to be rarely used, while percutaneous oblique osteotomy was performed in almost all procedures. 95.7% were single osteotomies, 66.2-72.7% were complete, and 73.9% were performed with a Shannon long burr. 63.0% of respondents confirmed that the location of the osteotomy was dependent upon the deformity. It was concluded that there is some consensus on the surgical technique to be used and in the perioperative protocol.<sup>3</sup>

## References

1. Murphy GA. Lesser toe abnormalities. In: Azar, F, Beaty JH. Campbell's Operative Orthopaedics. 14th ed. Elsevier; 2021:4227–4283.e3.
2. American College of Foot and Ankle Surgeons (ACFAS). Tailor's Bunion (bunionette). Published 2020. Accessed July 1, 2024. <https://www.acfas.org/footankleinfo/tailors-bunion.htm>.
3. Michels F, Demeulenaere B, Cordier G. Consensus in percutaneous bunionette correction. *Orthop Traumatol Surg Res*. 2021;107:6. <https://doi.org/10.1016/j.otsr.2020.03.029>.
4. Cooper M, Granadillo V, Coughlin M. The bunionette deformity—evaluation and management. *Ann Jt*. 2020;5:7–7. doi:10.21037/aoj.2019.10.03
5. Thomas JL, Blitch EL. Diagnosis and treatment of forefoot disorders. Section 1: digital deformities. *J Foot Ankle Surg*. 2009;48(3):418.e1–418.e4189.

# Clinical Guideline Revision History/Information

Original Date: April 12, 2024		
Review History		
Version 2	9/20/2024	Updated language regarding conservative treatment.