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Ways To Deal With Bunion Pain at Night

1. Start by Giving Your Feet a Real Break

Slow down before bedtime and avoid standing or walking for long periods late at night. Elevating your foot with a pillow can help reduce swelling and ease pressure on the joint.



2. Use Ice To Calm the Throbbing

Ice can help reduce inflammation and dull nighttime soreness in the bunion joint. Apply a wrapped ice pack for 15–20 minutes before bed to calm swelling and discomfort.



3. Add Gentle Foot Stretching Before Bed

Gentle stretching can reduce stiffness and tension around the bunion before sleep. Simple toe, ankle, calf, and arch stretches help the foot feel more relaxed and comfortable.



4. Try a Night Splint While You Sleep

A nighttime bunion splint can support the toe in a more comfortable position and reduce joint strain overnight. The best splints feel supportive without causing discomfort or interrupting sleep.



5. Wear a Comfortable Bunion Corrector During the Day

Daytime support and bunion-friendly shoes can reduce irritation that builds up throughout the day. A wide range of bunion-friendly shoes and soft bunion correctors help reduce pressure and friction on the joint.

