

## Off with her pinky! How high heel-obsessed women are removing their toes with 'stiletto surgery' for a comfier fit

By Daily Mail

While foot surgery has been common place for a few years, where women alter their feet to make wearing heels more comfortable, a growing number of women are now cutting off their pinky toes altogether.

The shortening of toes and foot injections are similar surgeries that are popular with stiletto-obsessed women who find it too painful for her to wear heels for more than a few minutes.

Susan Deming, a patient who recently underwent a toe-shortening procedure, told **Fox News**: 'Unless you've been there, and you can't find shoes, and you're in pain, don't judge.'



Stiletto-obsessed: Susan Deming, a patient who recently underwent a toe-shortening procedure, said, 'Unless you can't find shoes, and you're in pain, don't judge'

She added: 'I was having calluses, and just, all sorts of problems with my left foot. And there finally was a solution. There's never been a solution before.'

According to the American Podiatric Medical Association, 87per cent of women have foot problems from wearing ill-fitting shoes, such as uncomfortable high heels.

### **More...**

- 'Please put the heel on, just for me': Kristen Stewart's stylist on her battle to get tomboy Twilight star in stilettos
- License to... just pose? Kate Upton to star in Super Bowl ad for Mercedes-Benz - despite the fact she can't legally drive

For Ms Deming, her left foot was one size larger than her right foot, due to abnormally long left toes. So she underwent a surgical procedure which cut off a centimeter of her second toe, enabling her to finally wear high heels again.



All for beauty: According to the American Podiatric Medical Association, 87per cent of women have foot problems from wearing ill-fitting shoes, such as uncomfortable high heels



Back to heels: Ms Deming underwent a surgical procedure which cut off a centimeter of her second toe, enabling her to wear high heels again

'I've never felt this good about something I've done. If it's vain, it's vain,' she said.

Other foot surgeries include removing bunions, and even injecting collagen into the balls of the feet for extra cushioning.

Dr. Nathan Lucas, a podiatrist in Memphis, said: 'It's as if they're walking on pillows when they wear their high heel shoes.'

Dr Lucas, who saw nearly 30 patients per month last year for foot surgeries, also revealed that more women are now requesting removal of their pinky toe.



New heights: Women who find it too painful for her to wear heels for more than a few minutes undergo shortening of toes and foot injections for a better fit

**A FEW STEPS TO TWINKLING TOES**

**Hyperhidrosis:** Botox injections can curb excess sweating, which can cause fungus growth.

**Foot narrowing:** Corrects bunions on both sides, sometimes before deformities occur.

**Foot padding:** Fat or fillers injected into the foot to replace diminished padding.

**Pinky tuck:** Thickened skin on small toe removed, and bone may be shaved or straightened.

**Toe shortening:** Bone segment is removed. The procedure can prevent hammertoes, where toes are permanently scrunched up.

**Toe lengthening:** Bone is cut, then stretched or fused with an implant. This also repairs over-shortened toes.

**Toe Straightening:** Small section of bone near the joint is removed and/or a tendon cut to correct angle, curl or hammertoe.

© DAILY MAIL

Common place: Dr. Nathan Lucas, a podiatrist in Memphis, said he saw nearly 30 patients per month last year for foot surgeries

In such instances, he simply refers a doctor who will perform the procedure, which is 'a bit extreme' for him, he said.

'It's on the rise here because the more people know about it, then of course the more they inquire about it,' he said. 'They seek to get certain things done, just because they didn't know it exists.'  
However, the American College of Foot and Ankle Surgeons advise against foot procedures for purely cosmetic purposes.

The group said: 'Surgery performed solely for the purpose of improving the appearance or size of the foot or ankle carries risks without medical benefit, and therefore should not be undertaken.'