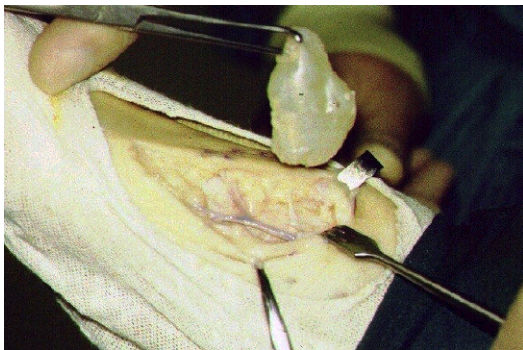


Birmingham Foot Clinic Advice Guide Soft Tissue Surgery

Ganglion

These are a relatively common cause of foot discomfort most commonly occurring on the top of the tarsal joints (the midfoot). They arise from a weakness (ballooning out) of the joint capsule or tendon sheath. Excision is the only successful management. Identification and repair of the weakness causing the ganglion is performed prior to excision. Where possible, the ganglion is excised whole.



Bursa

These are also relatively common but come from superficial tissue and occur over joints, or a bony prominence, where pressure and friction causes chronic irritation. The treatment for a bursa is the same as for a ganglion but in addition, any deformity or prominence which is causing the bursa may need to be reduced.

Inclusion Cyst

These are caused by a foreign body (such a splinter), getting under the skin and causing a reaction. They can become very hard and sore and often have to be excised.

Problems / Risks Associated with Soft Tissue Surgery

- Thickened scar and/ or tender scar - may reduce over 12 months
- Areas of numbness - may reduce over 12 months
- Infection (sudden increase in pain and swelling at 2 to 3 days after surgery - or later)
- Recurrence of ganglion or bursa

On the day of surgery

On the day of surgery you may eat and drink as normal unless you are being sedated or having a general anaesthetic (follow anaesthetic advice sheet). It is essential that you are accompanied and have made arrangements for transport home, this should not be public transport. Following the surgery, for a typical period of 2 - 4 weeks, you will not be able to drive, as your insurance will be invalid.

Problems

Following the advice given to you will greatly reduce the risk of a problem. If you are however concerned about anything before or after your surgery you can speak to a member of the team directly on Tel: 07970 740 522. If your call is an emergency and you are unable to get through, you may also contact your GP who will be aware of the surgery you will have had.

Self care

After the operation you should sit with your leg raised and knee slightly bent for at least 8 hours. For the first 3 days you will need to take pain relieving tablets (analgesics) as prescribed or advised. It also helps during the first 8 hours to place a bag of frozen peas, rapped in a towel across you ankle for 10 minutes per hour. Walking in the first 48 hours should be limited to essentials only e.g. going to bed or the toilet, and for the first week should be limited to indoors only.

Stitches are usually removed at 2 to 3 weeks after the operation. From this point you can wear normal footwear, however it is strongly advised that you wear a training shoe or similar for 2 months after the operation to help in the healing process.

You may experience swelling and unusually sensations in the foot for some period (up to 6 months) following the surgery, however this will gradually subside.

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