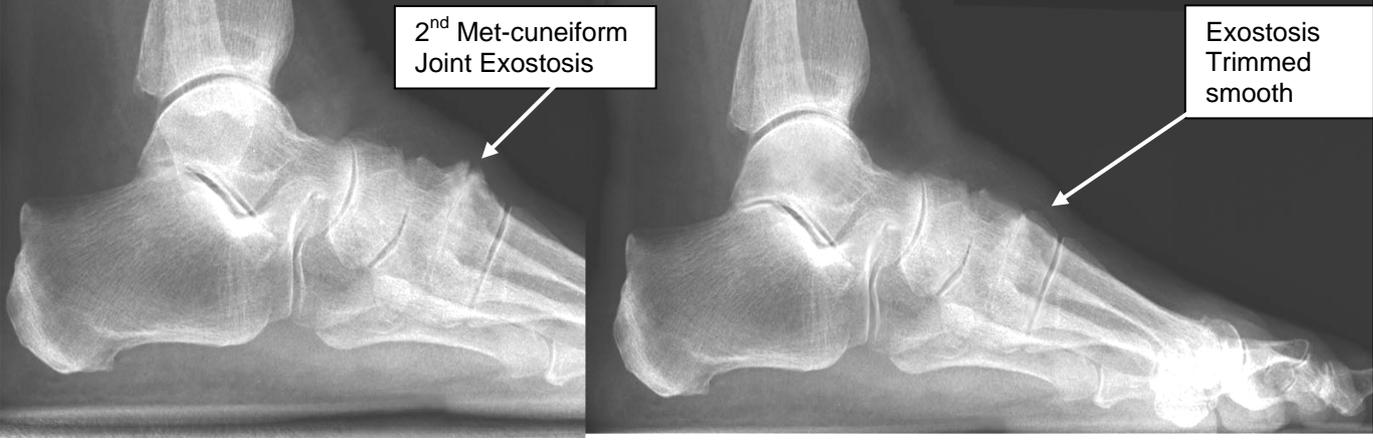


PATIENT INFORMATION SHEET

<b>29</b>	<b>TOPIC</b>	<b>Osteoarthritis of the Metatarsocuneiform joint</b>	
<b>PROCEDURE</b>		<b>REMOVAL OF METATARSOCUNEIFORM JOINT EXOSTOSIS</b>	
			
<b>AIMS OF SURGERY</b>		To reduce the painful lump on the top of the mid-foot	
<b>ADVANTAGES OF THIS OPERATION</b>		Reduces pain from rubbing of the mid foot area on footwear without unnecessarily disturbing the joint.	
<b>SPECIFIC RISKS OF THIS OPERATION</b>		<input type="checkbox"/> Recurrence of the lump <input type="checkbox"/> Feeling of stiffness in foot	<input type="checkbox"/> Nerve damage
<b>OVERVIEW</b>			
<b>Operation time</b>		Usually around 30 minutes	
<b>Incision placement</b>		Over the lump, on top of the foot.	
<b>Stitches</b>		Usually absorbable stitches (do not have to be removed)	
<b>Fixation</b>		Not required	
<b>Will I have plaster?</b>		This not usually necessary.	
<b>Is this a Day Procedure?</b>		Yes, you can usually go home the same day (you will normally be admitted for half a day)	
<b>Estimated time off work</b>		Non-manual work approximately 4 - 6 weeks Manual work 6 - 8 weeks	
<b>INDICATIONS FOR THE PROCEDURE</b>		Stable but arthritic metatarsocuneiform joint with pain on the top of the foot due to irritation of the lump - rather than pain from deep in the joint itself.	
<b>ALTERNATIVE TREATMENTS</b>		Manage your symptoms by altering activity levels, using painkillers, changing footwear/ extra-width or special footwear or an in-shoe foot support / silicone cushion.	
<b>GENERAL RISKS OF SURGERY</b>		The anaesthetic options and general risks of foot surgery are outlined in the Generic Pre-operative Information Booklet for Patients with which you will have already been provided YOU SHOULD READ THIS LEAFLET IN CONJUNCTION WITH THE GENERIC PRE-OPERATIVE INFORMATION BOOKLET FOR PATIENTS (Numbered 1)	
<b>MORE INFO BY:</b>		1. Speaking with your consultant or one of the clinical team 2. Reading the information provided 3. Looking at our Department's NHS Choices information or the Faculty of Surgery website 4. See our Podiatric Surgery public facing website pages on <a href="http://www.herefordshire.nhs.uk/">http://www.herefordshire.nhs.uk/</a>	

# **Surgery to Reduce Osteoarthritic Pain of the Foot**

## **LESSER METATARSOCUNEIFORM JOINT FUSION**

### **Answers to Common Questions**

#### **The Operation**

The operation is usually performed under a local anaesthetic, around the ankle. Most patients find this to be more comfortable than a dental injection.

The operation takes about 30 minutes, although you will be in the Day Surgery unit for longer. You must have a competent adult at home for the first day and night after surgery. This allows us to be sure you will be safe for the first night.

#### First 2-4 days

- This is the worse time for pain but you will be given painkillers to help. You must rest completely for 2-4 days.
- You will be able to stand and take weight carefully (using crutches) after the operation, but you must rest, with your feet up, as much as possible.
- You should restrict your walking to going to the bathroom and when getting about use your crutches in the way you will have been shown.
- You can get about a little more after 3 days.

#### 3 – 5 days after surgery

- You will need to attend for your foot to be checked and re-dressed.
- You may start to do a little more within pain limits. Pain means you are doing too much.

#### Two weeks after surgery

- You must attend again. Sutures will be trimmed (or less commonly removed if non-absorbing)
- You will not need a bandage, probably will not need the crutches and can get the foot wet providing the wound has healed satisfactorily.

#### Between 2-6 weeks after surgery

- The foot starts to return to normal and you can return to shoes (6-8 weeks).
- The foot will still be quite swollen especially at the end of the day.
- You may require a review appointment at 4-6 weeks
- You may return to work but may need longer if you have an active job
- You may return to driving if you can perform an emergency stop. You must check with your insurance company before driving again.
- Whilst normal activity will be resumed, sport should be avoided.

#### Between 8-12 weeks after surgery

- The foot should continue to improve and begin to feel normal again.
- There will be less swelling.
- Sport can be considered after 3 months depending on your recovery.

#### Six months after surgery

- You will have a final review between 3- 6 months following surgery.
- The swelling should now be slight and you should be getting the full benefit of surgery.

#### Twelve months after surgery

- The foot has stopped improving with all healing complete.

**Please note; if a complication arises, recovery may be delayed.**