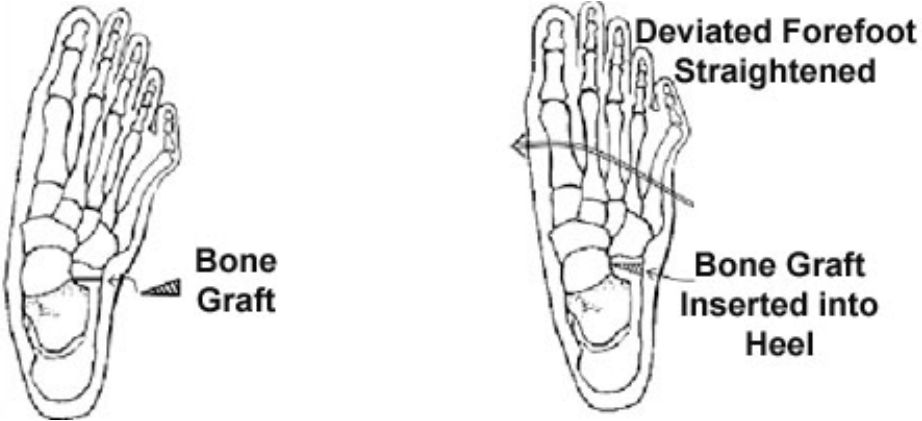


PATIENT INFORMATION SHEET

TOPIC	Flat and/or Abducted Foot
PROCEDURE	EVANS CALCANEAL OSTEOTOMY
	
AIMS OF SURGERY	<p>To reduce pain and deformity to the rear and arch area of the foot This procedure is more commonly performed with accompanying procedures such as Achilles Tendon Lengthening. (You will have been given information sheets if other surgical procedures are to be performed)</p>
ADVANTAGES OF THIS OPERATION	<ul style="list-style-type: none"> <input type="checkbox"/> Can reduce the flattening and abduction of the foot <input type="checkbox"/> Reduces the underlying cause of deformity
SPECIFIC RISKS OF THIS OPERATION	<ul style="list-style-type: none"> <input type="checkbox"/> Rupture of the lengthened tendon – this will need to be repaired surgically <input type="checkbox"/> Recurrence/collapse of the foot <input type="checkbox"/> Reduced strength when raising onto your toes – normally improves with exercise
OVERVIEW	
Operation time	Usually between 60 to 90 minutes
Incision placement	Usually on lateral aspect of the midfoot
Stitches	We try to use absorbable stitches (where possible)
Fixation	Internal fixation (bone screws or pins) not usually needed but may be for concurrent procedures You will not normally notice these and they do not usually need to be removed
Will I have plaster?	This is necessary. Usually for about 6 - 8 weeks. The team will let you know in advance
Is this a Day Procedure?	Yes, you can usually go home the same day (you will normally be admitted for half a day)
Estimated time off work	Non-manual work approximately 8 - 10 weeks Manual work 10 - 14 weeks
INDICATIONS FOR THE PROCEDURE	Painful Flat – abducted foot Painful unstable arch
ALTERNATIVE TREATMENTS	Manage your symptoms by calf stretch programme, night-splints, altering activity levels, using painkillers, changing footwear or special footwear or an in-shoe foot support.
GENERAL RISKS OF SURGERY	The anaesthetic options and general risks of foot surgery are outlined in the Pre-operative Information Booklet with which you will have already been provided YOU SHOULD READ THE PREOPERATIVE INFORMATION BOOKLET IN CONJUNCTION WITH THIS LEAFLET.
MORE INFO BY:	<ol style="list-style-type: none"> 1 Speaking with your consultant or one of his team 2 Reading the information provided 3 Looking at the website (Faculty of Surgery & PCT etc)

Surgery to Reduce Flat and/or Abducted Foot

EVANS CALCANEAL OSTEOTOMY

Answers to Common Questions

The Operation

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

The operation takes about 60 to 90 minutes, although you will be in the Day Surgery unit 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. Your operated leg will be non weight-bearing in a cast for approximately 6-8 weeks and then in a walking boot for approximately a further 2 weeks. It is therefore very important that you have people to look after you and any dependants such as children, elderly or disabled relatives you have during this time

First 2-4 days

- This is the worse time for pain but you will be given painkillers and must rest completely.
- Your foot will be in a non weight bearing cast to below the level of your knee.
- You will be able to stand and take weight carefully through your other leg and 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. **DO NOT PUT ANY WEIGHT THROUGH THE OPERATED FOOT.**

One week after surgery

- You will need to attend for your foot to be checked and, if necessary, redressed and recasted.

Two weeks after surgery

- You must attend again. Sutures will be removed and a fresh cast applied.

Between 6-8 weeks after surgery

- The cast will be removed if all is proceeding well and you will be fitted with a removable boot that will allow you to start walking.

Between 8-10 weeks after surgery

- If all has gone well you will be able to start wearing a good lace-up shoe/trainer.
- The foot will still be swollen and twinges of discomfort are not uncommon at this time due to you increasing activity. Your leg will feel naturally weak to start with as it has been in a cast.
- You will be instructed regarding rehabilitation exercise or you may be referred to a physiotherapist.
- 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.

Between 12-16 weeks after surgery

- The foot should continue to improve and begin to feel normal again.
- There will be less swelling.
- Sport can be considered 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.