Removal of an Exostosis
(Bony Lump)

The operation

- The operation is performed under local anaesthetic usually injected around the ankle. In the case of a bony lump under a toe nail the injections will be at the base of the affected toe. Most patients find this to be more comfortable than a dental injection. You can eat normally until the time of your operation.
- The operation may take about 30 minutes but you should be prepared to be at the Hospital longer than this to allow for the preparation and recovery time too.
- You will have a large bandage and special shoe to go home in. Crutches are optional depending on the site of the operation.
- Only one foot will be operated on at any one time.

First 2-3 days

- You must rest with your foot above hip level, you will have been given advice on how to keep the foot as comfortable as possible and exercise to keep the blood circulating whilst you rest. You should restrict your walking to a necessary minimum, and if you have been given crutches you must use them in the way shown. You may be able to bear a little weight on the foot carefully using just the heel.
- The pain is worst for the first 2 days but you will be given some pain killing tablets to help you through this. After 2-3 days things should begin to improve.

One week after surgery

- One week after the operation you must attend for a redressing. The skin will be examined and redressed and you will be given advice on gently increasing your activities over the following week.

Two weeks after surgery

- Two weeks after the operation you must attend for a redressing. The skin should be healing well by this time and any non-dissolvable stitches will be taken out.
- You should no longer need a bandage and will be able to wear a normal shoe again, but this shoe does need to be roomy (ideally a trainer) because your foot may be quite swollen.
- At this stage, if you have been using crutches, you will be expected to go without them and increase your activities gently. You will still need to rest well between your activities.
Between 2-8 weeks after surgery

- During this time the foot returns more to normal and you may be able to vary your footwear a little.
- There will still be noticeable swelling especially towards the end of the day. This is normal as feet and legs are particularly prone to swelling anyway.
- You may also return to work during this time depending on the type of work and footwear in which you are allowed to return.
- Depending on comfort you will be able to drive again. Care must be taken with right foot surgery because of braking.
- Though normal everyday activities will be possible, sporting activities are still likely to be restricted at this stage.

Between 8-12 weeks after surgery

- The foot should now be comfortable and returning to normal but there may still be some slight swelling.

Six months after surgery

- You must return for a final review of your progress. At this appointment it is anticipated you will be fit enough to be discharged from the service.
- The foot should now be comfortable and returning to normal but there may still be some slight swelling.

Twelve months after the surgery

- The foot has stopped improving by this time, all healing is complete.

Complications which are possible with this type of surgery

Unfortunately all operations carry a small risk of complications. In foot surgery at this clinic occurrences are uncommon and are mostly resolved without permanent disability or pain. If you have any concerns about the examples of complications given here, please discuss them with your specialist before deciding to have surgery:

- Intolerance to the medication given for post operative pain
- Prolonged swelling post operatively
- Thick or sensitive scar formation
- Recurrence of the exostosis in time
- Infection of soft tissues and/or bone
- Blood clot in the leg – a deep vein thrombosis
- Chronic pain or so called ‘Complex Regional Pain Syndrome’

Comments, concerns or complaints? If you have any comments, concerns or complaints and would like to speak to somebody about them please telephone: 01773 525119

Are we accessible to you? This publication is available on request in other formats (for example, large print, easy read, Braille or audio version) and languages.

For free translation and/or other format please call 01773 824171 extension 5587, or email us at: communications@dchs.nhs.uk

If you require any further information please call: 01246 514018