

DR ANDREW WINES MBBS FRACS (Orth) FAOrthA

Adult and Paediatric Orthopaedic Surgeon

Foot, Ankle and Trauma Surgery

EXCISION OF FOREIGN BODY

INTRODUCTION

Foreign bodies cause pain and irritation and often need to be excised.

THE SURGERY

Surgery to excise a lesion/ foreign body and remove hardware includes:

- i. general anaesthetic, intravenous antibiotics.
- ii. incision over the affected area.
- iii. Identification and removal of foreign body.
- iv. irrigation of wound if required.
- v. wound closure with stiches/sutures.
- vi. infiltration with local anaesthetic.

THE RISKS OF SURGERY

All surgical procedures carry some risk. The risk of complications with ankle arthroscopy surgery is low (in the vicinity of 20%). Some of the risks of surgery include:

- Infection
- Problems with wound healing that may require antibiotic treatment, readmission to hospital, further surgery including plastic surgery and/or other treatments
- Nerve injury causing pain, numbness tingling and/or pins and needles
- Ongoing pain
- Complex regional pain syndrome
- Scarring
- Deep venous thrombosis/pulmonary embolism. (The risk of DVT increases with smoking, the oral contraceptive pill and hormone replacement therapy, immobility and obesity).
- Insufficient blood flow resulting in loss of toes, foot or limb
- Drug allergy / anaphylaxis
- Further surgery
- Anaesthetic complications including heart attack, stroke and death

GUIDELINES FOR EXPECTED POST OPERATIVE RECOVERY

Keep dressings dry and intact until post operative appointment. Keep foot elevated as much as possible, especially for initial 72 hours.

Removal of stiches/sutures: 10-14 days at first post operative appointment.

Commence gentle range of motion exercises on the day of surgery.

Pain killers may be required: Up to 6 weeks.

Protected weight bearing:

- You may weight bear as tolerated following the surgery.
- For the first 2 weeks this may be in a post operative shoe to accommodate your bandage.
- Crutches may be required to assist mobilisation.

Return to most activities: 6 weeks.

Full recovery: Within 3 months.

Every patient's recovery is individual and depends on the severity of the injury and the complexity of the surgery.

ANY PROBLEMS

During office hours contact Dr Wines' office on (02) 9409 0563. After hours please contact the hospital where your surgery was performed.