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EXCISION OF TARSAL COALITION

INTRODUCTION

A tarsal coalition is an extra connection between two bones in the foot. The most common extra connections are between the talus and calcaneus bones and between the calcaneus and the navicular bones. In some cases the extra bony connections results in abnormal biomechanics of the hindfoot resulting in pain. If the connection is found before the development of osteoarthritis, the extra bone can be removed, resulting in significant symptomatic improvement.

THE SURGERY

Excision of a coalition involves a number of steps. These include:

- i. General anaesthetic and intravenous antibiotics.
- ii. Incision over extra bone.
- iii. Removal of extra bone.
- iv. Insertion of CSI screw if required to improve the alignment of the foot.
- v. Check x ray
- vi. Closure of wound with stitches.
- vii. Infiltration with local anaesthetic.

RISKS OF SURGERY

All surgical procedures carry some risk. Fortunately the risk of complications with coalition surgery is low. Some of the risks of surgery include:

- Infection
- Problems with wound healing
- Nerve injury causing numbness, tingling and/or pins and needles
- Scarring
- Ongoing pain and stiffness
- Degenerative joint changes/osteoarthritis
- Deep venous thrombosis/pulmonary embolus. (The risk of DVT increase with smoking, oral contraceptives, hormone replacement therapy, immobility and obesity).
- Anaesthetic complications
- Drug allergy

GUIDELINES FOR EXPECTED POST OPERATIVE RECOVERY

Keep foot elevated as much as possible, especially for initial 72 hours.

Keep dressings dry and intact until post operative appointment.

Removal of stitches/sutures at the first postoperative appointment, usually: 10-14 days.

Antibiotics for 2 weeks. Pain killers may be required for up to 2 weeks.

Weight bearing as tolerated in post operative shoe or walking boot. Crutches may be required.

Resumption of most activities: 6-12 weeks. Full recovery: 3-6 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 0500.

After hours please contact the hospital where your surgery was performed.