

Removal of Foreign Body

INTRODUCTION

Foreign bodies are not uncommon in the foot and ankle, particularly under the sole of the foot. They can cause pain and irritation and often need to be surgically excised. Whilst some foreign bodies are superficial and easily located, at times they can be located in deeper tissues and difficult to identify and remove.

THE SURGERY

Removal of a foreign body involves a number of steps:

- General anaesthetic and IV antibiotics
- Tourniquet around the thigh
- Incision over the affected area
- Identification and removal of the foreign body
- Repair of surrounding structures as required
- Irrigation of wound and closure with sutures
- Local anaesthetic block
- Surgical shoe

GUIDELINES FOR POST-OP RECOVERY

HOSPITAL ADMISSION

- Most patients go home on the day of surgery

FIRST 2 WEEKS

- Elevate foot and rest
- Full weightbearing as tolerated in surgical shoe (unless told otherwise by Dr Zilko)
- Crutches for balance and support if required
- Gentle active range of movement exercises of ankle and toes
- Dressings to stay dry and intact
- Strong painkillers as required
- Vitamin C 1g per day
- Antibiotics for 5 days

2 WEEK POST-OP APPOINTMENT

- Review by Dr Zilko and nurse for removal of dressings and sutures

AFTER POST-OP APPOINTMENT

- Transition to normal supportive shoes
- Daily scar massage from 3 weeks
- Return to most activities from 6 weeks
- Full recovery is usually within 3 months

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