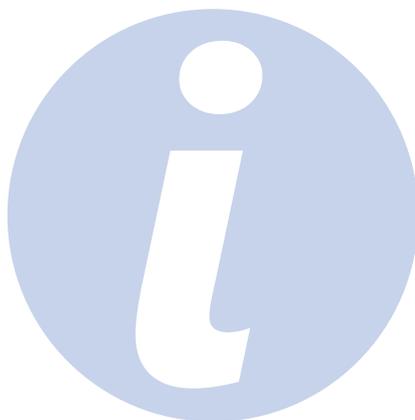


Removal of soft tissue 'lumps and bumps'



Information for patients

Department of Podiatric Surgery



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What are soft tissue 'lumps and bumps'?

There are all manner of soft tissue lumps and bumps. In the foot these are very rarely malignant (cancerous). Before any treatment (non-surgical and surgical) we typically refer you for an ultrasound scan to try to get a diagnosis of the lump. Often, these lumps are ganglions (fluid filled sacs arising from joints or tendon sheaths) or cysts. Occasionally they may be a tumour but are more often than not benign (harmless).

What are the treatment options?

The treatment options **depend on the specific diagnosis and prognosis of the lump**. There are sometimes both non-surgical and surgical options.

Non-surgical options

- Leave the cyst / lump alone
- Aspiration (draining) of the cyst / lump - occasionally a small amount of steroid is injected into the site. Unfortunately, the recurrence rate with this treatment is high.
- Painkillers
- Wear accommodating footwear

Surgical options

Lumps can be surgically removed but again there is a risk of recurrence, albeit lower than that of the non-surgical options.

What are the benefits of surgery?

The benefit of this type of surgery is that it attempts to rid you of the lump and the associated pain that is caused.

Are there any risks?

The general risks of foot surgery are outlined in the pre-operative information booklet which you will have already received. In addition to this there are the following specific risks for this procedure:

- Prolonged swelling after the operation
- Thick or sensitive scar formation
- Haematoma – bleeding into the cavity left by removing the soft tissue lump
- Recurrence of the lump or bump
- Infection of soft tissues and/or bone
- Pain the same or worse than before

Is this a day procedure?

Yes, you will be admitted for half a day (4-5 hours approximately) but can go home the same day.

How long will I need off work?

The exact time will depend on the site of the operation and on the type of work you do and the footwear in which you are allowed to return. Typically this is for 2-4 weeks.

Who can I speak to if I would like more information about the procedure?

It is important that you understand what the procedure involves before giving consent. This includes any potential risks, benefits and alternatives. Although these will be explained to you beforehand please don't hesitate to ask either your consultant or one of the team if you have any further questions.

The operation

The operation is performed under local anaesthetic, usually injected around the ankle. 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 preparation and recovery time too.

You will have a large bandage, special shoe and possibly crutches to take home with you depending where on the foot the operation is needed.

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 exercises to keep the blood circulating, whilst you rest.
- You should restrict your walking to going to the bathroom only, and if you have been given crutches you must use them in the way shown.
- 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 the clinic for a re-dressing. The wound will be examined and re-dressed.
- Your X-ray (if required) will be examined before you are given advice on gently increasing activities over the following week.

Two or three weeks after surgery

- Two weeks after the operation you must attend the clinic for a re-dressing. The skin should be healing well by this time and any non-dissolvable stitches will be taken out. This will be done at 3 weeks for any stitches under the sole of the foot.
- Once the stitches have been taken out you should no longer need a bandage and will be able to wear a normal shoe again. This shoe does need to be roomy (ideally a trainer) because your foot may be quite swollen.
- At this stage you will be expected to go without your crutches 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.
- You may also return to work during this time. The exact time of this will depend on the site of the operation and on the type of work you do and the footwear in which you are allowed to return.
- Depending on comfort, you may 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 remaining swelling should now be very slight and improving.

Twelve months after the surgery

- The foot has stopped improving by this time, all healing is complete.
- You should be getting full benefit from the surgery.

Who do I contact if I would like any further information?

If you have any questions about the procedure or would like further information please call us on:

- **0114 271 4668**



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