Midfoot exostectomy for dorsal midfoot exostosis

Information for patients
Department of Podiatric Surgery
What is dorsal midfoot exostosis?

A dorsal midfoot exostosis is a bony prominence on the top of the foot. It may well be present in isolation but can often occur in the presence of underlying arthritis to the joint.

What are the treatment options?

There are non-surgical and surgical treatments for dorsal midfoot exostosis.

Non-surgical options

Non-surgical options usually focus on symptom management such as:

- Activity modification
- Correct fitting or accommodative footwear
- Anti-inflammatory injections

Surgical options

If there is no sign of underlying arthritis then surgical removal of the bump may be of benefit. If there is any arthritis, by simply removing the bump, your pain may remain the same or on occasion worsen.

Midfoot exostectomy

Surgery is usually recommended if you are experiencing pain and limitation / disability along with difficulty with shoe fit despite wearing sensible footwear.

What are the benefits of surgery?

- To reduce pain and deformity
- To improve footwear comfort and fit
- It is a localised procedure
- To reduce the prominent bone
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:

- Nerve damage leading to numbness over the top of the foot
- On-going pain from the underlying joint
- Recurrence of the bump
- Joint stiffness
- Failure of procedure
- Arthritic joint pain
- Scar sensitivity
- Prolonged swelling

What does the operation involve?

An incision over the top of the foot followed by removal of the bump. You will have stitches in place for a couple of weeks.
How long does the operation take?

The operation usually takes between 30-45 minutes.

Is this a day procedure?

Yes, you can usually go home the same day (you will usually be admitted for half a day).

Will I have a plaster cast?

No.
Will I have any screws or pins in my foot?
No they are not required for this procedure.

How long will I need off work?
This will depend on the job you do and the speed of your recovery. For non-manual work, we usually recommend approximately 2-4 weeks. For manual work approximately 4-6 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.

Midfoot exostectomy
The operation
The operation is usually performed under a local anaesthetic which means that you will be awake. You can eat normally and take your normally prescribed medications on the day of operation. The local anaesthetic is administered via injections around the area of the exostosis and the ankle. Most patients find this to be more comfortable than a dental injection. Sometimes an injection behind the knee will be offered. The operation takes about an hour, although you can expect to be in the day surgery unit for about 3 hours. This is to allow you an opportunity to rest after the operation and for us to provide you with discharge information and packs as required. For your safety you must have a competent adult at home for the first day and night after surgery.
**First 2-4 days**

This is the worst time for pain but you will be given painkillers to help. You must rest completely for 2-4 days with your foot elevated just above hip level. You may be advised to keep the circulation going by gently drawing circles in the air or wiggling your toes. You should restrict your walking to going to the bathroom only. 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. You can get about a little more after 3-4 days.

**One week after surgery**

You may need to attend clinic for your foot to be checked and re-dressed. You may start to do a little more within pain limits. Pain may mean you are doing too much.

**Two weeks after surgery**

You must attend clinic again for the removal of your stitches. For absorbable stitches this normally means just trimming the ends.

You should no longer need the bandage and you should be able to get around without crutches.

Your foot will still be quite swollen but you should be able to get a roomy shoe on. You should bring a lace up broad fitting and supportive shoe (ideally a trainer) with you.

Provided that the wound is well enough healed you should be able to get the foot wet.

You will be advised on a gradual return to activity and may also be advised on scar care.
Between 2-6 weeks after surgery

The foot starts to return to normal and you can return to wearing shoes. The foot will still be quite swollen especially at the end of the day.

You may require a review appointment at 4-6 weeks.

You may be able to return to work but may need longer if you have an active job. If in doubt, please discuss this with a member of the team.

You may return to driving if you can perform an emergency stop. You must check with your insurance company before driving again.

Whilst you can resume normal activity, sport should be avoided.

Between 8-12 weeks after surgery

The foot should continue to improve and begin to feel more normal again. There will be less swelling. Sport can be considered after 3 months depending on your recovery.

Six months after surgery

You will have a final review between 3-6 months following surgery. The swelling should now be slight and you should be getting the benefit of surgery.

Twelve months after surgery

The foot has stopped improving with all healing complete.

Please note if a complication arises, recovery may be delayed.

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.