



Posterior Impingement Surgery (os trigonum)

short course of antibiotics.

aboutnhs/constitution

- Sometimes the cuts are rather slow to heal. This usually just requires extra dressing changes and careful watching to make sure the wound does not become infected.
- Deep vein thrombosis/Pulmonary Embolus (blood clot in your legs or lungs)
- Nerve injury - small nerves run near the operation site and can be injured leaving tingling and occasionally burning pain. This usually resolves and can be addressed with a number of treatments.
- Other structures at the back of the ankle can be injured. This is uncommon but can give further symptoms or require further operations.

www.footcaremd.com - Designed for patients and run and maintained by the American Orthopaedic Foot and Ankle Society.

What can I do to help?

Most patients find that simple measures can make a big difference to the outcome of surgery. The evidence from studies and our experience supports this: Take simple Vitamin C and vitamin D tablets or multivitamins – needed for healing. STOP smoking – smoking slows down healing and is linked to a large increase in complications.

Keep fit and a healthy diet – many foot problems are improved by losing weight.

Further information

The British Orthopaedic Foot Surgery Society web site is available at:

www.bofas.org.uk

Mann, Coughlin and Saltzman (2007) Surgery of the Foot and Ankle 8th edition, Elsevier, Philadelphia

Myerson, S (Ed) (2000) Foot and Ankle Disorders, Saunders, Philadelphia

NHS Constitution. Information on your rights and responsibilities. Available at www.nhs.uk/