

## EXCISION OF FOREIGN BODY

### What is the problem?

Foreign bodies cause pain and irritation and often need to be excised

### What's involved?

Surgery to excise a lesion/ foreign body and remove hardware includes:

- general anaesthetic, intravenous antibiotics
- incision over the affected area
- Identification and removal of foreign body
- irrigation of wound if required
- wound closure with stiches/sutures
- infiltration with local anaesthetic

### What's the worst thing(s) that can happen with surgery?

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

- Infection
- Problems with wound healing
- Nerve injury causing numbness, tingling and/or pins and needles
- Deep venous thrombosis/pulmonary embolism. (The risk of DVT increases with smoking, the oral contraceptive pill, hormone replacement therapy, immobility and obesity)
- Anaesthetic complications
- Drug allergy
- Ongoing pain

### What can I expect after surgery?

#### *Rest*

- You will have a bandage on your leg. Keep foot elevated as much as possible, especially for initial 72 hours. Keep dressings dry and intact until post operative appointment.
- Mobilise short distances as pain allows, limit long periods of standing or mobilising
- Bear weight as tolerated

#### *Pain*

- Pain relief may be required for up to 2 weeks; depending on your other medications this may include:
  - Regular paracetamol, anti-inflammatory drugs and break through opiate type medications

### *Driving*

- Any surgery performed on the right foot or both feet will mean no driving for a minimum of 2 weeks
- If surgery was performed on the left foot then driving in an automatic is possible

**Driving any vehicle with a cast or boot is potentially hazardous and you should consider this before getting behind the wheel**

### *Follow up*

- Keep all dressings dry and in tact for the first two weeks
- Removal of stitches/sutures typically occurs at an appointment with Dr Phegan and his in-house therapists at 10-14 days at first post operative appointment. Very occasionally some sutures need to stay in for longer
- Your appointment will be booked by Dr Phegan and a confirmatory SMS will be sent informing you of the time and date for follow up

### *Typical milestones*

- 2 weeks: Wound review and removal of sutures, commence scar management and swelling reduction
- 2-6 weeks: continue to recover
- 6weeks to 3 months: work on swelling reduction, scar massage and mobility
- Full recovery 3 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 Phegan's office on (07) 56711120 or email [info@drphegan.com](mailto:info@drphegan.com)

After hours please contact the hospital where your surgery was performed or attend your local GP