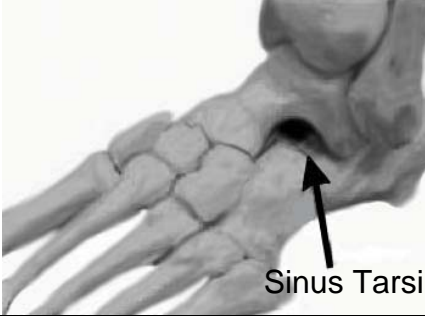




PATIENT INFORMATION SHEET

33	TOPIC	SINUS TARSI SYNDROME
PROCEDURE	Decompression (abnormal tissue removed from Sinus Tarsi)	
	 <p>Sinus Tarsi</p>	 <p>Contrast Injection into Sinus Tarsi</p>
	 <p>Operation site stitched</p>	
AIMS OF SURGERY	To reduce pain from problematic Sinus Tarsi by removing the engorged tissue within the sinus (cavity)	
ADVANTAGES OF THIS OPERATION	<input type="checkbox"/> Avoids disruption to joints and weightbearing structures <input type="checkbox"/> Reduces the underlying cause of pain	
SPECIFIC RISKS OF THIS OPERATION	<input type="checkbox"/> Recurrence of the problem pain <input type="checkbox"/> Stiffness and pain due to irritation from the surgery	
<b>OVERVIEW</b>		
Operation time	Usually around 30 minutes	
Incision placement	On the lateral aspect of the midfoot	
Stitches	We try to use absorbable stitches (where possible)	
Fixation	Internal fixation (bone screws or pins) are not used	
Will I have plaster?	This is not usually necessary- the team will let you know in advance	
Is this a Day Procedure?	Yes, you can usually go home the same day (you will normally be admitted for half a day)	
Estimated time off work	Non-manual work approximately 4 - 6 weeks Manual work 6 - 8 weeks	
INDICATIONS FOR THE PROCEDURE	Painful Sinus Tarsi Syndrome which has remained unresponsive to non-surgical options	
ALTERNATIVE TREATMENTS	Manage your symptoms by altering activity levels, using painkillers/anti-inflammatories, ice therapy, changing footwear/ extra-width or special footwear or an in-shoe foot support. Steroid injection therapy.	
GENERAL RISKS OF SURGERY	The anaesthetic options and general risks of foot surgery are outlined in the Generic Pre-operative Information Booklet for Patients with which you will have already been provided <b>YOU SHOULD READ THIS LEAFLET IN CONJUNCTION WITH THE GENERIC PRE-OPERATIVE INFORMATION BOOKLET FOR PATIENTS (Numbered 1)</b>	
MORE INFO BY:	1. Speaking with your consultant or one of the clinical team 2. Reading the information provided 3. Looking at our Department's NHS Choices information or the Faculty of Surgery website 4. See our Podiatric Surgery public facing website pages on <a href="http://www.herefordshire.nhs.uk/">http://www.herefordshire.nhs.uk/</a>	

## **Surgery to Reduce SINUS TARSI SYNDROME** **Decompression of Sinus Tarsi (abnormal tissue excised)**

### Answers to Common Questions

#### **The Operation**

The operation is usually performed under a local anaesthetic, usually around the ankle or behind the knee. Most patients find this to be more comfortable than a dental injection.

Although the operation takes about 30 minutes although you will be in the Day surgery Unit for longer. You must have a competent adult at home for the first day and night after surgery. This allows us to be sure you will be safe for the first night.

#### First 2-4 days

- This is the worse time for pain but you will be given painkillers to help. You must rest completely for 2-4 days.
- You will be able to stand and take weight carefully (using crutches) after the operation, but you must rest, with your feet up, as much as possible.
- You should restrict your walking to going to the bathroom and when getting about use your crutches in the way you will have been shown.
- You can get about a little more after 3 days.

#### 3 – 5 days after surgery

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

#### Two weeks after surgery

- You must attend again. Sutures will be trimmed (or removed if they are non-absorbable).
- You will not need a bandage, probably will not need the crutches and can get the foot wet providing the wound has healed satisfactorily.
- Many patients return to shoes after 2 weeks although this may take longer (4-6 weeks).

#### Between 2-6 weeks after surgery

- The foot may still be quite swollen especially at the end of the day.
- You may return to work but may need longer if you have an active job
- You may return to driving if you can perform an emergency stop. You must check with your insurance company before driving again.
- Whilst normal activity will be resumed, sport should be avoided.

#### Between 8-12 weeks after surgery

- The foot should continue to improve and begin to feel 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 full 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.**