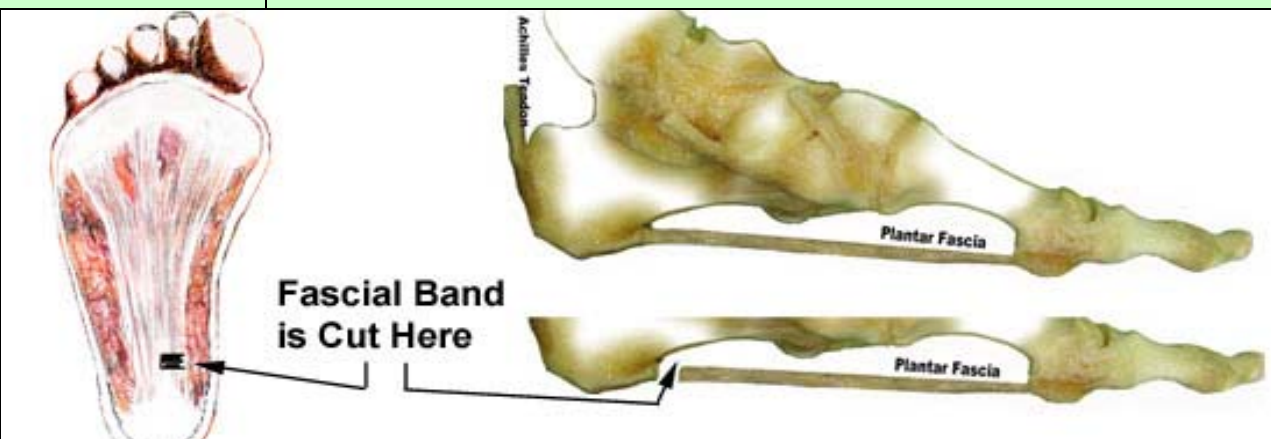


PATIENT INFORMATION SHEET

39 TOPIC	Plantar Fasciitis
PROCEDURE	Release of Plantar Fascia
	
AIMS OF SURGERY	RELEASE THE TIGHT MEDIAL/CENTRAL PLANTAR FASCIA BAND
ADVANTAGES OF THIS OPERATION	A relatively short procedure No Bone healing required
SPECIFIC RISKS OF THIS OPERATION	<ul style="list-style-type: none"> <input type="checkbox"/> Thickened scar and/ or tender scar - may reduce over 12 months <input type="checkbox"/> Areas of numbness - may reduce over 12 months <input type="checkbox"/> Recurrence <input type="checkbox"/> Increased flattening of foot and mid-arch pain
OVERVIEW	
Operation time	Usually between 30 - 40 minutes
Incision placement	Usually on the medial aspect of the heel
Stitches	We try to use absorbable stitches (where possible)
Fixation	Not required
Will I have plaster?	This not normally necessary. If your particular operation requires a plaster we will let you know in advance
Is this a Day Procedure?	Yes, you can usually go home the same day (you will usually be admitted for half a day)
Estimated time off work	Non-manual work approximately 2-4 weeks Manual work 4-6 weeks
INDICATIONS FOR THE PROCEDURE	Problematic heel pain associated with plantar fasciitis which is unresponsive despite many months of non-surgical intervention and where normal work or lifestyle is severely impaired. This surgery is rare, as most people have sufficient relief from non-surgical treatment, but where surgery is necessary its success rate is high (90%).
ALTERNATIVE TREATMENTS	Calf Stretch Programme. Manage your symptoms by routine treatment, altering activity levels, using painkillers, changing footwear/ extra-width or special footwear, orthoses, heel raise/cups. Steroid injection therapy. Extracorporeal shock 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 YOU SHOULD READ THIS LEAFLET IN CONJUNCTION WITH THE GENERIC PRE-OPERATIVE INFORMATION BOOKLET FOR PATIENTS (Numbered 1)
ANAESTHETIC OPTIONS	These are detailed in the "Information Booklet for Patients"
MORE INFO BY:	<ol style="list-style-type: none"> 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 http://www.herefordshire.nhs.uk/

PATIENT INFORMATION SHEET

About Your Operation

Plantar Fascial Band Release Surgery

Answers to Common Questions

The Operation

The operation is usually performed under a local anaesthetic, usually around the base of the toe, and most patients find this to be more comfortable than a dental injection.

Although the operation is relatively short, you will be in the Day surgery Unit for some time before the surgery and afterwards, to allow you an opportunity to rest post operatively. 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.

One week 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 if absorbable or removed if non-absorbable. If however there are any sutures in the sole of the foot, these are taken out after 3 weeks.
- You will not need a bandage, probably will not need the crutches and can get the foot wet.
- Many patients return to shoes after 2 weeks although this may take longer (6-8 weeks).

Between 2-6 weeks after surgery

- The foot starts to return to normal and you can return to shoes.
- 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 6-12 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.