

TARSAL COALITION EXCISION

SURGERY INFORMATION



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THE SURGERY

- The surgery involves an incision over the coalition area.
- The coalition is identified using x-ray in theatre and knowledge of anatomy (Nerves and tendons in the area are protected).
- The coalition is removed and bone wax is placed over the bone ends.
- Sometimes further foot reconstruction is required.

THE HOSPITAL STAY

- Your child will wake up with bulky bandages and a boot.
- Your child's foot will be elevated overnight and will receive antibiotics through a drip.
- Your child can walk in the boot the next day, but just for necessary things like going to the toilet. Otherwise, your child's foot will become too swollen.

AT HOME

- Your child will need medications for pain relief which will be given to you from hospital (paracetamol and ibuprofen can be bought over the counter).
- The first night after surgery is often when the worst pain is experienced, and the local anaesthetic wears off. Please give your child pain killers before they go to sleep.
- Please leave all dressings intact until your appointment with Dr Graff 2-3 weeks.
- Your child will get an appointment for your post op appointment in 2-3 weeks where the wounds will be reviewed and suture end trimmed (absorbable sutures are usually used).
- After this your child will be able to shower normally and pat the dressings dry.

REHABILITATION

*All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others.

0-2 Weeks	<ul style="list-style-type: none">Your child can weight bear as tolerated in a boot, but only for essential thingsKeep elevated at other timesKeep the boot on at all times like a plaster.Pain relief: Please give your child regular Panadol with meals and before bed
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2-3 Weeks	<ul style="list-style-type: none">• Post op appointment with Dr Graff: dressings changed• Your child is allowed to weight bear as tolerated in the boot• Your child can remove the boot for showers and sleeping and range of motion exercises with physio• Your child can start static strengthening and balance exercises with physio
4-6 Weeks	<ul style="list-style-type: none">• Your child can transition from the boot into normal sports shoes if the swelling allows• Your child can start increased strengthening with physio and wobble board
10-12 Weeks	<ul style="list-style-type: none">• Your child can ease back into sport – start with walking, then running, then training• Once your child's ankle feels as strong as the normal ankle, your child can return to sport (also be guided by your physio)

WHEN CAN I RETURN TO WORK/SCHOOL?

- 3-4 weeks if seated work.
- 10-12 weeks if your job/school requires prolonged standing.
- 3-6 months if your job requires heavy labour and for sports at school.

WHEN CAN I DRIVE? (IF THEY ARE LEARNING TO DRIVE)

- 2-3 weeks if the surgery is on their left foot (after the appointment with Dr Graff).
- 4-6 weeks if surgery is on their right foot (when they are no longer in the boot).

WHEN CAN I RETURN TO SPORT?

- 3 months, but this is a transition; start with walks, then running, then training. You can be guided by your physio as to when your child's strength and range of motion is back to normal to return to competitive sport.

WHAT CAN GO WRONG?

- Anaesthetic problems
- Nerve or tendon injury
- Infection
- Ongoing pain and/or stiffness requiring further surgery
- The coalition re-forms

Please see 'Tarsal Coalition' Information sheet via Dr Graff's website.

CONTACT

If you want more information, or have any questions or problems, please contact Dr Graff on admin@christygraff.com or please call the rooms on **0493 461 133**