

Some facts you should know about painful corns and painful toes

SMALL INCISION SURGERY FOR BONE SPURS OF TOES

SUBUNGUAL EXOSTOSIS (Bone spur under the nail)

Sometimes deformed nails are associated with a small bone spur on the tip of the toe under the nail. This can cause considerable discomfort at the nail or just underneath it. The skin between the nail and the bone can get pinched and sometimes a corn can form in that spot. If the nail is removed, without removing the bone spur, the corn will continue to form on the tip of the toe. Therefore the most effective way to treat this condition is to make a small opening in the tip of the toe and insert a small surgical instrument to reduce the spur. This bone spur can easily be removed with this technique and helps to insure a lasting result. Sometimes a stitch or stitches are used to close the opening in the tip of the toe. Most likely there will be mild tenderness in the tip of the toe for a few days which will pass by quickly. Many people may not experience this tenderness. It may be more comfortable to cut a hole in an old shoe so that pressure from the shoe will not irritate this area. Your doctor may also wish to give you a surgical shoe (open wooden soled shoe) or suggest cutting out an old shoe. The ability to walk following this procedure is usually no problem. The bandage will remain on the toe for several

days and the sutures are usually removed in the office one or two weeks after the operation. Again, only a mild amount of swelling and discomfort are usually expected.

SOFT CORN

Corns between the toes are most often referred to as soft corns. They are usually caused by two bones rubbing against each other and pinching the skin. The skin's normal response to irritation is to get thicker and stronger. This process continues until there is actually a corn which is a point of pressure between the toes. Sometimes this corn is on two toes and sometimes it is just on one. Frequently it is necessary to smooth off a piece of the bone right underneath the corn so that the irritation is removed. Very often the most effective way to accomplish this is to make a small opening in the skin near where the enlarged bone or spur exists. A small surgical instrument is then inserted through the small opening in the skin and the bone spur is removed. The bone spur can be very effectively removed with these instruments. The result is that the corn will go away by itself since the bone spur has been removed. The post operative course in this procedure is usually very comfortable, although swelling may persist for a few weeks. If stitches have been placed in the skin, they are usually removed in one to two weeks. Sometimes the toes are bandaged together to help keep the swelling to a minimum and provide a maximum result.

CORN

A corn is caused by an excessive amount of pressure or friction on the skin. Most often is caused because of the enlargement of the bone or bone spur as it pinches the skin against the shoe. Sometimes this extra growth of bone or enlarged bone can be removed by making a small opening in the skin close to where the enlarged bone exists. A small surgical instrument is then placed through the small opening and the enlarged piece of bone is removed. Usually a small bandage is applied at the time of the surgery that must remain in place until the first postoperative visit. Sometimes the bandage is small enough so that a normal shoe may be worn. If this is not possible, your doctor may wish you to walk in a surgical shoe. If stitches have been placed in this incision, they are usually removed in one or two weeks. If necessary your doctor may prescribe medication for pain. All of these procedures are, of course, performed after the toe has been anesthetized with a local anesthetic. The diagnosis of all of these conditions is made by x-rays examination, and after proper healing, postoperative x-rays will be taken.

CONCLUSION

There may be additional methods of treatment for this common foot problem. Your doctor will discuss this with you. Each doctor develops a favorite treatment, and probably has the best percentage of results with the approach. Complete cooperation between you and your doctor is essential for a satisfactory result.

NAME OF PATIENT:

SURGERY:

DATE: _____ TIME: _____

PLACE:

_____ Hospital _____

_____ Surgicenter _____

_____ Office _____

_____ Other _____

PREADMISSION TESTING:

Date: _____

Place: _____

Time: _____

SURGICAL PROCEDURE(S):

INSTRUCTIONS:

Preoperative:

Postoperative:

ANESTHESIA:

SIGNATURE OF PATIENT: (Parent or guardian for minor)

SIGNATURE OF DOCTOR:

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To insert a break, choose Break from the Insert menu. Select one option. Click on OK to accept your choice.

HOW TO WORK WITH SPACING

To reduce the spacing between, for example, body text paragraphs, click your cursor in *this* paragraph, and choose Paragraph from the Format menu. Reduce the Spacing After to 6 points, making additional adjustments as needed.

To save your Style changes, (assuming your cursor is blinking in the changed paragraph), click on the down arrow for the Style in the Styles and Formatting work pane. Select Update to match selection to save the changes, and update all similar Styles.

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OTHER BROCHURE TIPS

To change a font size, choose Font from the Format menu. Adjust the size as needed, and click OK or Cancel to exit.

To change the shading of shaded paragraphs, choose Borders and Shading from the Format menu. Select a new shade or pattern, and choose OK. Experiment to achieve the best shade for your printer.

To remove a character style, select the text and press Ctrl-Spacebar. You can also choose Default Paragraph Font from the Styles and Formatting work pane (accessible from the Format menu).

BROCHURE IDEAS

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