

MODIFIED KIDNER

Information: An accessory navicular may be treated without surgery. An accessory navicular is an extra bone in your foot that is also inside of the posterior tibial tendon (this tendon holds up your arch). If you decide to have surgery, the accessory navicular will be removed, and the posterior tibial tendon repaired. Sometimes, an osteotomy (to break the bone with a saw) of the heel bone is required if deformity is also present. Risks of surgery include, but are not limited to: infection, wound healing issues, scar, swelling, stiffness, pain, numbness, injury to vessels, bone healing problems, hardware problems, need for hardware removal, other deformity, need for future surgery, perhaps a condition you may feel is worse or not much better from your preoperative status. If you need an excuse for work, please let us know before surgery. If it is your right foot, most patients cannot drive 8-12 weeks. Most are out of work at least 1 month.

On the day of surgery: You and your anesthesiologist will determine what is best for your surgery. Often, a block is provided by the anesthesiologist. This will decrease the amount of pain after surgery. The risks of anesthesia/block will be discussed with the anesthesiologist. You will be brought to the operating room and your leg will be cleaned for surgery. Drapes will then be placed over your leg and your entire body to keep our field clean. You will be given antibiotics before/during surgery. I will perform your surgery (perform an incision, perform the surgery as above and as we discussed in the clinic, remove the bone/repair the tendon, close the tissue/skin, and then place a boot on your leg that must remain on until your first postoperative visit with me. After surgery, I will discuss the surgery with your guest that day.

After Surgery: You will be taken to the recovery room and sent home when the nurses and anesthesiologist think you are suitable for discharge. You are not allowed to walk on the operative leg. You will be sent home on pain medicine with the hope that you can discontinue it as quickly as possible. You can use crutches, knee walker, walker, wheelchair, etc.

Postoperative Course:

2 weeks – I will see you for suture removal, x-rays.

2-4 weeks – You will be allowed touchdown weight bearing with advance to full weight bearing over the next 2-4 weeks. Physical therapy will begin at 6 wks from surgery and lasts 6-12 wks.

6-8 wks – You will begin to wean the boot and wear comfortable, supportive shoes

4 months – I will see you again to check your progress

5-6 months – You will begin to feel that this is “behind you” and although you are not fully normal/healed, you should be doing quite well. This surgery is a full year recovery. Swelling is the last issue to resolve and can be 6-12 months for any foot surgery. I’m happy to see you at any time during the scheduled visits or unscheduled visits if you have questions/concerns. *Thank you and I will take excellent care of you!*

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.