

Case Studies

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Winograd Procedure

Mucoid Cyst excision, removal of Scar tissue,
Plantar Wart excision, Lipoma, Granuloma and
Morton's Neuroma decompression

Foot Health Clinic and Custom orthotics

We Cure...Because we care

WWW.Foothealthclinic.ca

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Basic Principles of surgery

- ❑ Proper clinical setting, equipment and support staff.
- ❑ Patient's history, assessment and proper diagnosis.
- ❑ Patient's understanding of the procedure, risk factors, post op recovery and prognosis.
- ❑ Plan the procedure ahead of time.
- ❑ Informed consent
- ❑ Skin preparation, sterile environment, safe use of equipment, post op bleeding, care and dressing.
- ❑ Handle the skin and tissue with upmost respect.
- ❑ Post op instructions and care till wound is completely healed.

Procedure room...



Reoccurring IGT nails - Etiology

- ❑ Failed previous PNA
- ❑ Poor footwear -Acquired
- ❑ Underlying biomechanical factor – Unilateral OC
- ❑ Hyperhidrosis
- ❑ Involution – Smoking and respiratory disorders
- ❑ Malnutrition
- ❑ Heredity

Winograd Procedure For IGT

Indication:

- Reoccurring of IGT nail.
- Excessive HG tissues present.
- Periungual skin hypertrophy.
- When conventional PNA failed.
- Best for long term and cosmetically.
- Still first choice by most of the surgeon.

Severe OC and HG tissues



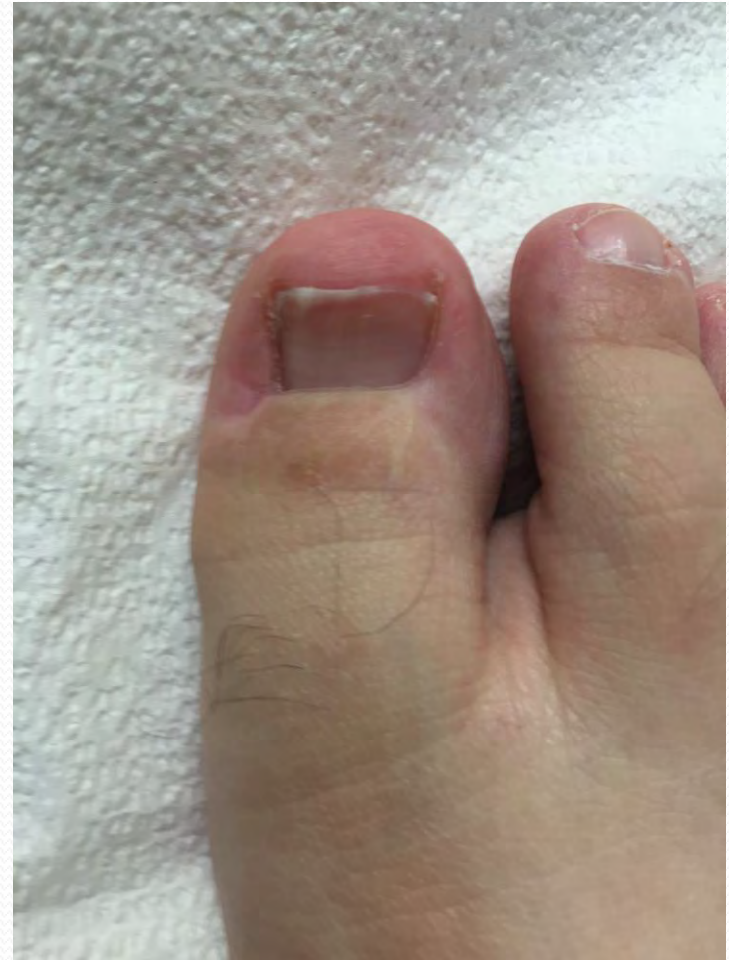
WinoGrad procedure



Three weeks FU



Six months later



Wino grad Procedure



Wino grad Procedure



15 yr Old with reoccurring IGT



Digital Mucoïd Cysts

- Mucoïd cyst are associated with irregular, satellite shaped fibroblast that are dispersed in a Myxomatous stroma surrounded by the normal dermal tissue.

- There are two variations
 1. Occurs over the joint capsule
 2. Proximal to the nail folding.

Case 2 - Mucoïd Cyst

- 45 years old pt was referred by family Dr for reoccurring blister from last couple of years.
- YOM with GGH
- Very active on her feet all day at work, wears casual dress shoes.
- BMI 19

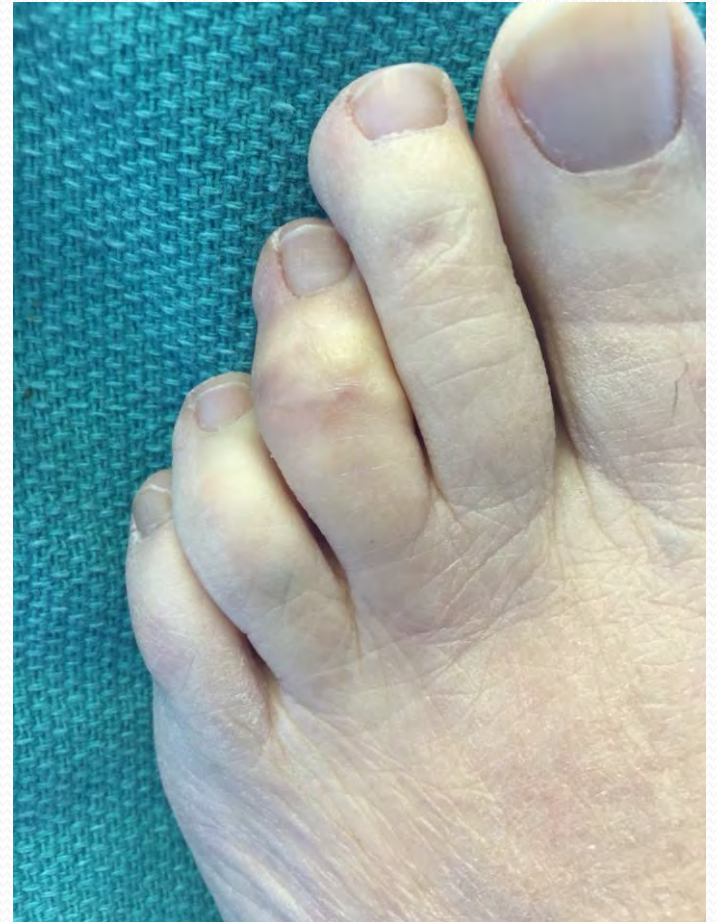
Case 2 – Mucoïd Cyst



Single lobe Skin marking



three months follow up



Some more cases...



Eight weeks later



Mucoid Cyst...



Muroid Cyst...six week later



Scars Tissue...

- The skin undergoes the normal healing process after surgical incision or injury – SCAR PROCESS
- Full thickness/Incision the skin heals by scar formation.
- Normal scar is usually thin, soft, normal skin color and asymptomatic.
- Some surgical procedure will heal with the pathological scar formation.
- Scars are inevitable result of injury/Trauma or surgery and never completely predictable.

Surgical removal of painful HK Scar tissue

- 58 years old pt with left heel painful scar resulted from the prior injury to the foot.
- WE – Packaging, on her feet with safety footwear. Very active life style and BMI 23
- ROS – HT and high TG
- Meds –HCTZ and Lipitor and allergic to Sulpha group
- Patient preparation for procedure – Supine position, LA, pre op and ankle tourniquet applied.

Case 3 - Left heel hypertrophic scar tissue



Cal N, Sural block with LI...



Lesion and single lobe Flap Marking



Closure 4-0 Suture/Steristrip



Eight weeks FU



Plantar Warts

Plantar warts occurs on the sole of the foot, affecting all age groups and often require treatment.

- Plantar warts are caused by HPV1, HPV2 and HPV4
- Can be misdiagnosed as a corn
- 30-35 percent of warts occur in children and YOM
- Persons with compromised immune system are more vulnerable
- Warts are more common in people with sweaty feet
- Plantar warts usually are flattened or pushed into the skin due to pressure, may become painful
- Warts are contagious

Types of warts

Single



Multiple



Mosaic(HPV2)



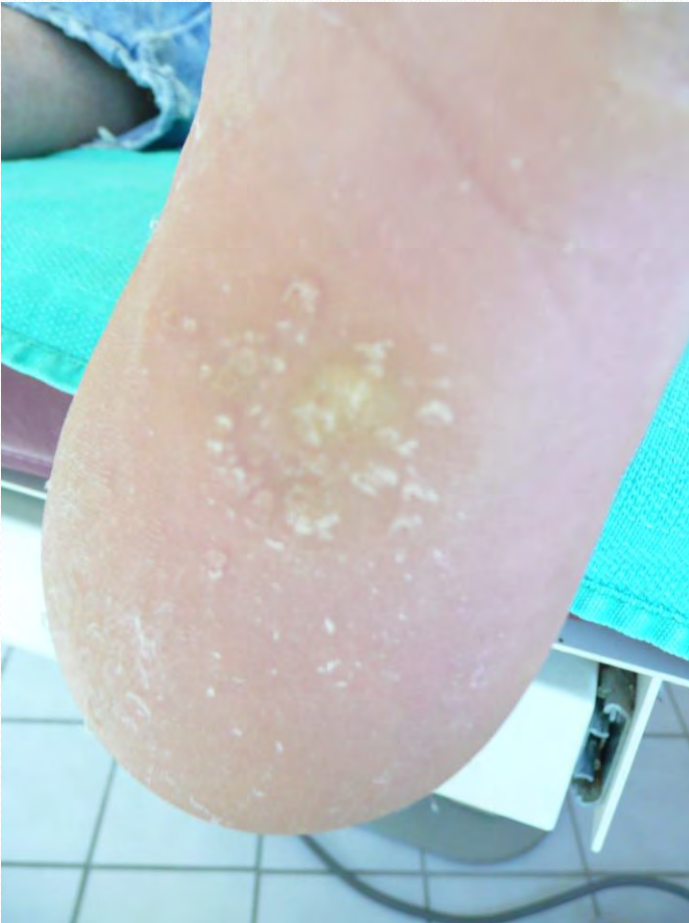
Filiform



Example of resistant warts



Plantar Warts



Wart ???



Treatment of Plantar Warts

Clinic protocol

- Surgical Debridement
- Topical Caustic agent
- Laser surgery under LA ???
- Dry Needling under LA
- Surgical excision

Dry Needling Method

- Success rate is over 80 %
- Recommended for resistant warts



Case 4 - Wart Excision



Three months later



Lipoma

- Most common fat cell tumor, can occur any part of the body.
- More common in the female and usually occur in the 4th or 5th decade.
- Lipoma may size from few mm to cm. Soft , movable and appears subcutaneously. Usually they are encapsulated in the adipose tissues.
- May appear single solid lesion or multiple.
- Most lipomas are asymptomatic, but can be very painful if located on weight bearing aspect or grow close to the nerve

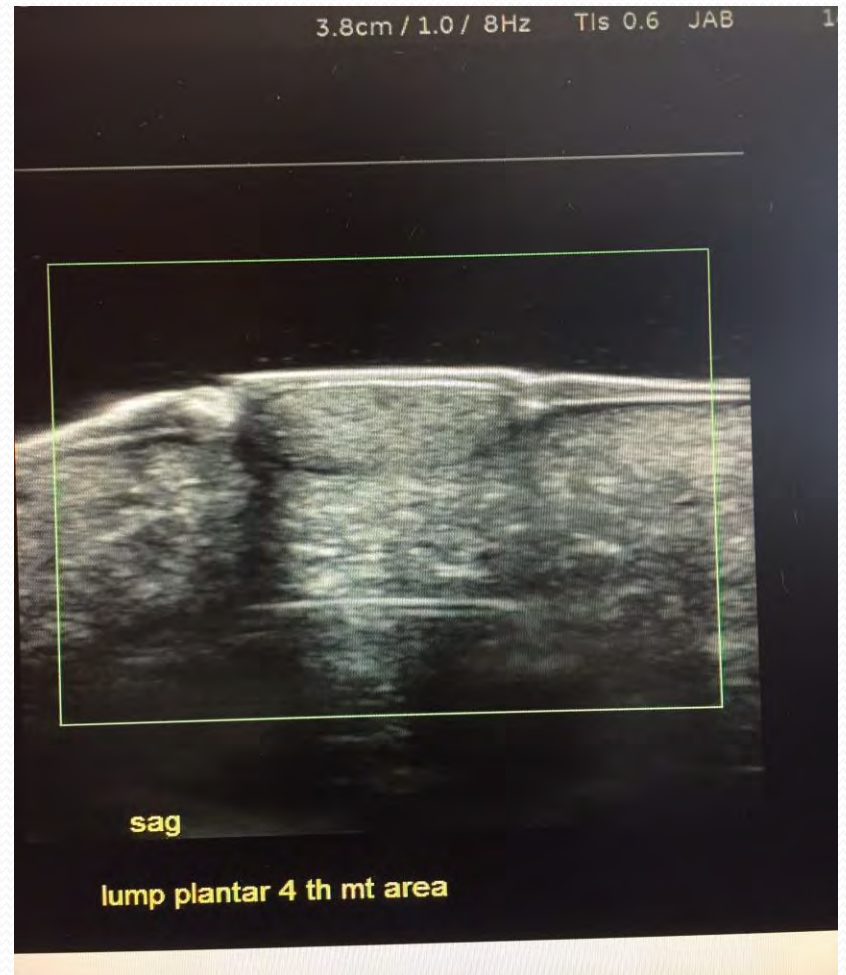
Lipoma



Lipoma



Male 41 year old pt, painful lipoma



Eight and Sixteen weeks



70 Years old patient



Lipoma – 14 days Post op



Granulomas

- Rapidly growing pink to bright red vascular lesions
- Commonly mistaken for malignant growth
- They are neither infectious nor granulomatous.
- Occur in young children and young adults
- Lesions are very fragile, bleed easily, varies in size few mm to cm and very painful

Etiology:

- Most likely cause by the micro trauma
- May appear next to the IGT nail

Granuloma



Granuloma associated with OC



Case 6 - 36 years old patient with GGH and BMI 22



Granuloma



Granuloma



Granuloma



Interdigital Morton's Neuroma

- Nerve impingement at the inter metatarsal space
- Over 90% Neuromas occur at 3rd and 4th ID space
- Burning sensation with pl pressure and pain relieved with the removal of footwear
- Other symptoms include parathesia, total numbness and pain radiates to adjacent toes

Etiology:

Biomechanical and structural deformities which increases the FF transverse plan motion, cause extreme shearing and compression stress on the nerve.

Treatment of Neuroma

□ Conservative

- Custom made orthotic devices, if orthotic therapy reevaluate and close all the gaps.
- Dehydrated Alcohol Injection.
- Cortisone injection
- Patient education

□ Surgical approach

- Nerve decompression (TML release)
- Surgical excision of pl nerve

Morton's Neuroma Decompression

- *KobyGard System* is design to easily isolate and safely cut the Transverse Metatarsal Ligament in order decompress the plantar nerve.

This is most minimal invasive nerve decompression system

Case 7 - 24 years old pt with Morton's Neuroma from two years. Pt prep...



Nerve Decompression



Surgery outcome...

- Final surgery outcome of any surgical procedure is unknown until healing is complete and scar remodeling has taken place.



KobyGard Procedure