Parent Information Series – Nev Davies
Reading Children's Orthopaedic Unit

Information for Families – Operation for Accessory Navicular Bone

What is an accessory navicular?

An accessory navicular is an extra bone (ossicle) which is found next to the navicular bone (one of the bones on the inside of the foot). It is the most common extra bone in the foot occurring in between 4-14% of the population.

What is the cause?

This condition tends to run in families so may have a genetic basis.

What are the symptoms?

It can cause problems in young patients and is often related to having flat feet. The bump can become red and sore as it causes rubbing on the inside of shoes.

What are the treatments?

Non operative treatments: These are always tried first and often relieve symptoms.

Please see the separate patient information sheet for general information.

What is involved with the operation?

The operation is straightforward and is done as a day case, under a general anaesthetic. (Please also watch this YouTube video to help you prepare). It involves removing the additional bone through a small scar over the bump, on the inside of the foot.

What is the aftercare?

It's really important to elevate the foot for 72 hours after the operation to help the swelling settle and to aid healing. I use a temporary splint (half plaster) with a heel-walking shoe. Crutches are useful but not essential to get around, particularly at school. I see patients at 2 weeks after the operation in clinic to check the scar is healing, to organise some new insoles and start physiotherapy. Physiotherapy should continue for several weeks to strengthen the foot, ankle and calf. I would anticipate a return to running at 4-6 weeks and contact sports at 8-12 weeks.

What are the success rates and risks?

The surgery has a success rate of about 90% in taking the symptoms away completely. The risks of surgery are small and include the general surgical risks of infection, ugly scar, numbness in addition to specific risks of this operation including ongoing pain, and tendon damage. I will discuss this in detail with you. The vast majority of patients do well and return to pain free activities after 3-4 months.

Nev Davies 2020
www.readingchildrensorthopaedicunit.co.uk
@mrnevdavies @nevtheknee

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