

PATIENT EDUCATION · MINIMALLY INVASIVE FOOT & ANKLE PROCEDURES

Bone Spur Removal

Bone spurs are bony prominences that can develop on the foot and may cause pain, pressure, or irritation against shoes and soft tissue. When a spur is symptomatic and conservative care has not helped, removal may be considered for eligible patients.

At a Glance



For educational illustration only.

Focus area	Minimally Invasive Foot & Ankle Procedures
Goal of care	Bone spurs are bony prominences that can develop on the foot and may cause pain, pressure, or irritation against shoes and soft tissue.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Patients with a painful bony bump on the foot
- Those with shoe irritation or pressure over a prominence
- Eligible patients who have not improved with conservative care

How We Evaluate

- Examination of the area and surrounding soft tissue
- X-rays to assess the bony prominence
- Review of symptoms and prior treatments

When to Seek Care

- A firm bump that is painful or growing
- Recurring irritation or skin breakdown over a prominence
- Pain that limits footwear or activity

Treatment Options

- Footwear changes, padding, and orthotics
- Activity modification and conservative care
- Surgical removal for eligible patients

What to Expect

1

A plan based on your imaging and symptoms

2

Guidance on recovery and footwear

3

Coordinated follow-up with the care team

Your Surgery Journey — Before, During & After

BEFORE SURGERY

- Complete any requested labs, imaging, or medical clearance
- Review your medications with us — some may need to be paused
- Follow eating/drinking instructions if anesthesia is planned
- Arrange a ride home and loose, comfortable clothing
- Wash the foot the night before; remove nail polish if asked

DURING SURGERY

- Local anesthesia numbs the area for most office-based procedures
- You may feel pressure or movement, but should not feel sharp pain
- Most procedures take roughly 30–90 minutes
- Our team monitors your comfort throughout

AFTER SURGERY

- A sterile dressing protects the surgical site
- You may receive a surgical shoe or boot for walking
- Mild soreness is normal as numbness wears off
- Written instructions and follow-up scheduling before you leave

Dr. Wigley's Post-Op Instructions

1. Keep the dressing clean, dry, and in place until we remove or change it — no peeking.
2. Elevate the foot above heart level as much as possible for the first 48–72 hours.
3. Apply ice as directed (about 20 minutes on, 20 off) over the dressing — never directly on skin.
4. Take medication exactly as prescribed; stay ahead of pain rather than chasing it.
5. Follow your weight-bearing instructions and wear the surgical shoe/boot whenever walking.
6. No soaking, baths, swimming, or getting the site wet until cleared at follow-up.
7. Call the office right away for: fever over 101°F, spreading redness, foul drainage, bleeding through the dressing, severe pain not relieved by medication, or new calf pain/swelling.
8. Keep every follow-up appointment — healing is monitored at each visit.

Important: These are general guidelines. Always follow the personalized instructions given to you at your visit — they take priority over this handout. Questions after surgery? Call (305) 895-9528.

Common Questions

Will the spur come back?

We cannot guarantee any outcome. Your care team will discuss factors that may affect your individual results.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- American Podiatric Medical Association — apma.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.