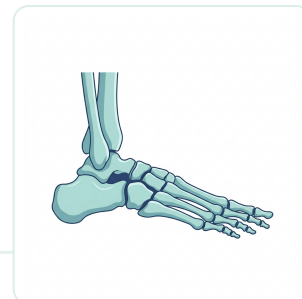


PATIENT EDUCATION · SOFT TISSUE & BIOPSY PROCEDURES

Soft Tissue Mass Removal

Bumps, cysts, masses, ganglions, painful growths, and lesions of the foot and ankle can have many causes. Wigley Feet evaluates these and, when clinically appropriate, may remove select soft tissue masses. Pathology evaluation may be required to better understand a mass. Not all masses are benign, so evaluation is important for growing, painful, changing, bleeding, or concerning lesions.



For educational illustration only.

At a Glance

Focus area	Soft Tissue & Biopsy Procedures
Goal of care	Bumps, cysts, masses, ganglions, painful growths, and lesions of the foot and ankle can have many causes.
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 or growing foot or ankle mass
- Those with a mass causing pressure or shoe irritation
- Patients needing evaluation of a changing or concerning lesion

How We Evaluate

- Examination of the mass and surrounding tissue
- Imaging when needed
- Pathology coordination when a tissue diagnosis is appropriate

When to Seek Care

- A mass that is growing, painful, changing, or bleeding
- A lesion that does not heal
- A bump causing pressure, irritation, or functional limits

Treatment Options

- Monitoring when appropriate
- Removal of select masses when clinically indicated
- Referral when a different setting or specialist is appropriate

What to Expect

1

A plan based on the type and location of the mass

2

Coordination of pathology when needed

3

Follow-up to review results and next steps

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

Is my mass dangerous?

We cannot determine that without evaluation. Any growing, painful, changing, bleeding, or concerning lesion should be evaluated, and pathology may be required.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.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.