

Achilles Tenotomy

Sometimes putting babies into plaster casts just isn't enough to help the tendons and muscles stretch and hold the foot in the right position. When this happens then a tenotomy is needed this is where the Achilles tendon is cut because it is not long enough this because it is made up of thick non – stretchable ligaments.

A tenotomy is usually performed before the last plaster cast is put on and unlike the plaster casts before this will stay on for three weeks. The boots and bars will also be measured for before this procedure. Sometimes this procedure can be upsetting for parents so they have the choice as to stay in or wait in the waiting room as this procedure is done under local anaesthetic into the back of the foot.

- Local anaesthetic is injected into the back of the foot around the tendon.
- A small incision is made into the back of the foot using a small scalpel
- While the scalpel is in the back of the foot it is used to cut through the tendon
- Steristrips are then placed across the cut in the back of the foot and a dressing is placed over them
- The foot/feet are then put in plaster casts