



CLUBFOOT TENDON ACHILLES LENGTHENING

LAUREL BENSON, MD

GOAL: The goal is to lengthen the tendon and complete the correction of the foot.

By now, your child has been through a series of manipulations and castings to restore typical alignment to the clubfoot. The tight Achilles tendon often remains the last obstacle to complete correction. During the procedure, the Achilles tendon will be cut to allow the heel bone (calcaneus) to drop into the normal position. During the weeks that follow the procedure, the tendon will heal with added length so that the corrected position can be maintained. As the final step in the surgery, a rigid fiberglass cast will be applied to keep the foot in the desired position.

CASTING: The postoperative cast will be removed after 3 weeks. During your first post-op visit, the cast will be removed and your child's incision will be checked.

BATHING: The cast is not water proof. It must remain completely dry. Sponge bathing is the safest way to insure that the cast does not get wet. Never submerge the cast in water, even if you have covered it with plastic. If the cast becomes wet, problems arise with infection, delayed wound healing or skin breakdown. These problems can be severe. If the cast does get wet, please call our office.

MEDICATIONS: You will be given Lortab elixir after surgery. Lortab is a mixture of acetaminophen (Tylenol) and hydrocodone (a narcotic pain reliever). The dose is precisely determined by your child's weight on the day of surgery. This pain medication may make your child drowsy. Lortab should be taken only as needed with at least 4 hours between doses. You will be given about 20 doses. You can also use Children's Motrin every 6 hours along with the Lortab for added pain relief. Since the Lortab contains Acetaminophen (Tylenol) do NOT give any additional Tylenol. After 2-3 days, your child should be able to wean off the Lortab and switch to Tylenol or Motrin.

FOLLOW UP: Your child will have a follow up visit in 3 weeks to remove the cast. At that time, your baby will transition into the Mitchell shoes with Ponseti bar that was measured before surgery. The follow ups will then be in 1 week, 2 weeks, 4 weeks and then monthly to check the brace and how well it is protecting the correction.

CALL OUR OFFICE AT 303-861-2663:

1. If your child experiences severe pain that is not relieved by the pain medication.
2. If your child experiences a temperature over 101.5°.
3. If your child's toes are not warm and pink.
4. If your child's cast is wet or broken.
5. If your child's cast begins to slide off.

We want the very best outcome for your child. We know you feel the same.