

Tenotomy Procedure

Clubfoot Treatment



Tenotomy

Is a small procedure where the achillies tendon (heel cord) is surgically cut.

Typically this is done under a local anaesthesia in the clinic.

A plaster cast is applied after the procedure. This cast stays on for 3 weeks whilst the tendon heals in the new lengthend position.

Most children with club foot require this procedure to achieve the full correction of their club foot. Lengthening the Achilles tendon allows the foot to be pulled upwards fully so that the children can get their foot flat to the floor, which is important for when they start to walk.

How is a tenotomy performed?

Following your consent the Orthopaedic Consultant performs the tenotomy in a procedure room. The tenotomy is typically performed in our clinic under a local anaesthetic. This is the same for unilateral (one) club foot or bilateral club feet (both feet).

Some babies will need to have their tenotomy performed in theatre under a general anaesthetic.

The Tenotomy Procedure

1.



A local anaesthetic is used to numb the heel area on your baby's foot.

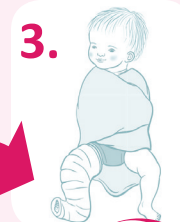
2.



A small incision (approximately the size of a ball point pen tip) is made above the heel bone and the Achilles tendon is released.

No stiches are required, just surgical tape (small plasters)

3.



Following the tenotomy, a new plaster cast is applied. The plaster cast stays on for **THREE WEEKS**.

4.



The tendon heals in the new lengthened position.

Back of foot

The Tenotomy takes approximately 20-30 mins/foot.

Parents are not present during the procedure.

A Paediatric Nurse will take care of your baby during the entire procedure. During the procedure, your baby has a

local anaesthetic first to numb the heel and can have sucrose (pain relief) and milk and use their soother to help them stay settled.

Once the procedure is completed and all the post procedural advice has been discussed, you are able to go home.

Post Procedure Information

Plaster Casts

If you have any concerns about the post tenotomy cast(s) during the three weeks before your next appointment contact the Ponseti team.

It is normal to have a small **blood stain** at the back of the plaster cast following the procedure. It should be no bigger than the lid of a milk bottle and it should not get any bigger. If you have concerns, outline the area of blood stain with a pen and contact the Starship Orthopaedic Clinic, or weekend/ after hours, ward 24a at Starship Child Health 09 307 4949 ext. 22600.

Slipping | Less toes visible

Growth | Cast seems too tight

Wet or **soiled**

Pain Relief

The procedure site will be filled with local anaesthetic which should have an effect for 4-5 hours. The Orthopaedic Surgeon will prescribe Paracetamol which you can give as directed on the bottle, if your baby requires it.

Babies can be unsettled for the first 24 hours post procedure.

Follow Up

The tenotomy plaster cast(s) is removed in the club foot Ponseti Clinic after the three week period.

The boots and bar brace (B&B) will be fitted and you will start stage 3 of the ponseti treatment.

Cast Care:

Starship
Child Health

PONSETI
Clubfoot
Team

Circulation ▶ **Change** in colour/
temperature of toes

Slipped cast ▶ **Less** toes visible

Wet cast ▶ **Urine** on/ inside cast

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Te Taka Tūmahi

Who to contact

If you **have not** visited Starship Orthopaedic Outpatient Clinic for your child's follow-up appointment and you are concerned:

Ponseti Team

Phone: 021 241 4748

Hours: 7.30am - 4.00pm | Mon - Fri

If you **have** visited Starship Orthopaedic Outpatient Clinic for your child's follow-up appointment and you are concerned:

Please call and leave a message for the
Paediatric Orthopaedic Outpatient
Clinic Nurses:

Phone: (09) 307 4949 Ext 22537

Clinic Hours: 8.30- 5.00pm | Mon - Fri

Ponseti Team (as above)

After Clinic Hours

Please visit:

Starship Childrens Emergency

Department, Level 2
Starship Child Health

For more information, see our Ponseti treatment videos online at
starship.org.nz/orthoinfo

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