**Achilles Tendon Repair (Acute) – Mr David Gordon (NHS)**

Antibiotics: None

Tourniquet: Thigh, Kimberly – Clarke blue wrap, sealed with Leukoplast tape, sterile 6 inch esmarch, 250mmHg once draped

Position: Lateral with supports (as for hip replacement), legs placed prone (operated leg downside), 2 x pillows under shins, calf pumps

Skin Prep: Alcoholic Chlorhexadine

Drape: Trolley cover, Extremity Drape, Optape

Local: 20mls 0.5% Marcaine (unless popliteal block)

Equipment: Day Surgery Set (bipolar diathermy, McDonald dissector, Gilles forces, Adson forceps, cats paws, suture scissors, large Langenbeck)

Sutures: No. 2 Fibrewire (AR-7202), 3/0 Monocryl (MCP 3213H), 4/0 Monocryl (W3548)

Dressings: Blue gauze

Plaster: Front slab – 3 x 6 inch rolls

Wool **-** 2 x 6 inch, 1 x 4 inch

Crepe - 2 x 6 inch, 2 x 4 inch

Post op: Touch weight bearing with crutches

2/52 – OPD: plaster off, wound check, sutures out, into rigid walking boot

Accelerated rehabilitation protocol