**Arthoscopic Calcaneoplasty – Mr Gordon (Harpenden)**

Antibiotics: None

Tourniquet: Thigh, Kimberly – Clarke blue wrap, sealed with Leukoplast tape, sterile 6 inch Esmarch, 300mmHg once draped

Traction: None

Fluoroscopy: Image intensifier

Position: Prone or torso lateral with legs prone (depending on patient size), calf pumps support, side supports, triangular foam support under shines, feet just off end of bed

Skin Prep: Alcoholic Chlorhexadine in Mr Gordon’s Sterile Isolation Bag (Vi-Drape, MCD, ref: D37105510 (for foot) then with swabs to above knee

Drape: Trolley cover, Extremity Drape, II cover, large sticky drape (to cover II as comes under table)

Block: 20mls 0.5% Bupivacaine at end

Equipment: Knee scope (4.2mm)

Knee shaver with pedals

Knee shaver blade: 5.5mm Bone Cutter (Smith & Nephew)

1 x 3L cold saline, free drainage (no pump), set at maximum drip stand height

Single chamber giving set

Sterile 6 inch Esmarch

1 x #11 blade

Straight mosquito

Arthroscopic probe

On Standby: Shaver blades: 4.5mm Bone Cutter (Smith & Nephew)

Arthrowand Super Turbo Vac 90 (Arthrocare) + second suction tubing

Sutures: 3/0 Ethilon

Dressings: Opsite, gauze (2 to each wound, folded into a square)

Wool - 1 x 4 inch, Crepe - 1 x 4 inch

Rigid flat sandal

Post op: Home same day

FWB

Strict elevation 1/52, 23 hours/day

Bandage off by patient 48 hours and leave Opsite

Foot, ankle, knee active ROM

2/52 – OPD: wound check