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

Antibiotics: None

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

Traction: None

Fluoroscopy: Image intensifier

Position: Prone, cylindrical bolster under shin with sandbag under bolster, calf pumps, curved thigh gutter support

Skin Prep: Supine - Alcoholic Chlorhexadine in Mr Gordon’s Sterile Bag (foot) then once prone, swabs to above knee

Drape: Trolley cover, Extremity Drape

Block: 20mls 0.5% Bupivacaine at end

Equipment: Knee scope (4.2mm)

Knee shaver with pedals

Knee shaver blade: 4.8mm Cuda (Conmed), 4.5 oval Burr

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: 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