**Endoscopic Plantar Fasciotomy - Mr Gordon**

Antibiotics: None

Position: Supine with sandbag under buttock, calf pumps opposite side,

Skin Prep: Alcoholic Chlorhexadine in Mr Gordon’s Sterile Bag

Drape: Medium (ground sheet), Hand & Foot drape

Tourniquet: 4 inch Esmarch bandage, clipped with Kelly

Equipment: ECTRA II by Smith and Nephew

Knee scope (*No suction or irrigation needed)*

Arthoscopic probe

Disposables: Hook knife by Smith and Nephew (blue handle)

Cotton buds (15cm sterile applicator eg Qualitis brand)

4 inch sterile Esmarch

Marking pen

Sutures: 3/0 Ethilon

1 vicryl tie (1 piece cut to a 2cm length)

Dressings: Small Tegaderm with pad or Opsite

Wool and crepe

Rigid flat black sandal (label inside at heel, M=male, F=female, Small/Medium/Large)

Post op Rehab: Rigid flat sandal 1 wk, Home same day if safe, FWB, F/up at 2 (wound review) + 6