**FHL Transfer (Arthroscopic) for Chronic Achilles Tendon Rupture – Mr David Gordon (NHS)**

Antibiotics: Yes

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

Fluoroscopy: No

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 - Mr Gordon’s Sterile Bag (foot), then rest of leg to just above knee

Drape: Trolley cover, Extremity Drape

Local: Popliteal (normally done by anaesthetist) – if not: 20mls 0.5% Bupivacaine

Equipment: Knee scope (4.2mm)

Knee shaver with pedals

Knee shaver blade: 4.8mm Cuda (Conmed)

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

Arthroscopy irrigation set

Arthroscopic Hook Knife eg Arthrex

Biotenodesis Screw Set, Arthrex (loan set + single items)

 3.2mm Beath pin (used for ACL surgery)

 Colibri drill

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

Sutures: Biotenodesis Screw Set Fibrewire, 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