**Arthoscopic Calcaneoplasty – Mr Gordon**

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: Recovery position, calf pumps

Lateral with supports (as for hip replacement)

Right angled bolster under shin

Skin Prep: Supine - Alcoholic Chlorhexadine in Mr Gordon’s Sterile Isolation Bag (for foot). Turn patient, then with swabs to knee

Drape: Trolley cover, shoulder arthroscopy drape

Block: 20mls 0.5% Bupivacaine block by anaesthetist

Scope: Ankle scope 2.7mm x 120mm long (Smith and Nephew) with 4.6mm cannula

(Knee scope if not available)

Knee shaver with pedals

Knee shaver blade: 4.8mm Cuda (Conmed), 4.5mm 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: 5.5mm oval burr

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

Sutures: 3/0 Ethilon, 1 vicryl ties cut in 2x 5cm lengths

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