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

Antibiotics: Yes

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

Fluoroscopy: No

Position: Recovery position, calf pumps

Lateral with supports (as for hip replacement)

Right angled bolster under shin

Skin Prep: Alcoholic Chlorhexadine - Mr Gordon’s Sterile Bag (foot), then rest of leg to just above knee

Drape: Trolley cover, shoulder arthroscopy drape

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

Equipment: 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)

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

Arthroscopy irrigation set

Laparoscopic scissors

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

2.4mm passing pin (Beath pin) (Smith and Nephew) (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 Ethilon and No.1 vicryl ties – 2 x 5 cm cut pieces

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