**Subtalar Arthoscopy – Mr Gordon (NHS)**

Antibiotics: None

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

Traction: None

Position: Supine, leg out to side of table with calf on arm gutter (clamped at side of table), secured with 6inch crepe

Skin Prep: Alcoholic Chlorhexadine in Mr Gordon’s Sterile Bag (foot) then to above knee

Drape: Trolley cover, shoulder arthroscopy drape

Block: 20mls 0.5% Bupivacaine ankle block by anaesthetist

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

Ankle scope (other manufacturer) if Smith and Nephew not available

Knee shaver with pedals

Knee shaver blade: 3.5mm Cuda (Conmed) / 3.5mm Incisor Plus (Smith & Nephew)

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

On Standby: Ankle shaver and blades: Cuda (Conmed) / Incisor Plus (Smith & Nephew): 2.9mm, 2.0mm, 4.0mm burr

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

Sutures: 3/0 Ethilon and No.1 vicryl ties – 2 x 5 cm cut pieces

Dressings: Opsite Dressing guaze

4” Velband / 4” Crepe bandage

Post op: Home same day / next day

FWB

Strict elevation 1/52, 23 hours/day

 2/52 – OPD: wound check