

# TOEWALKING SURGERY

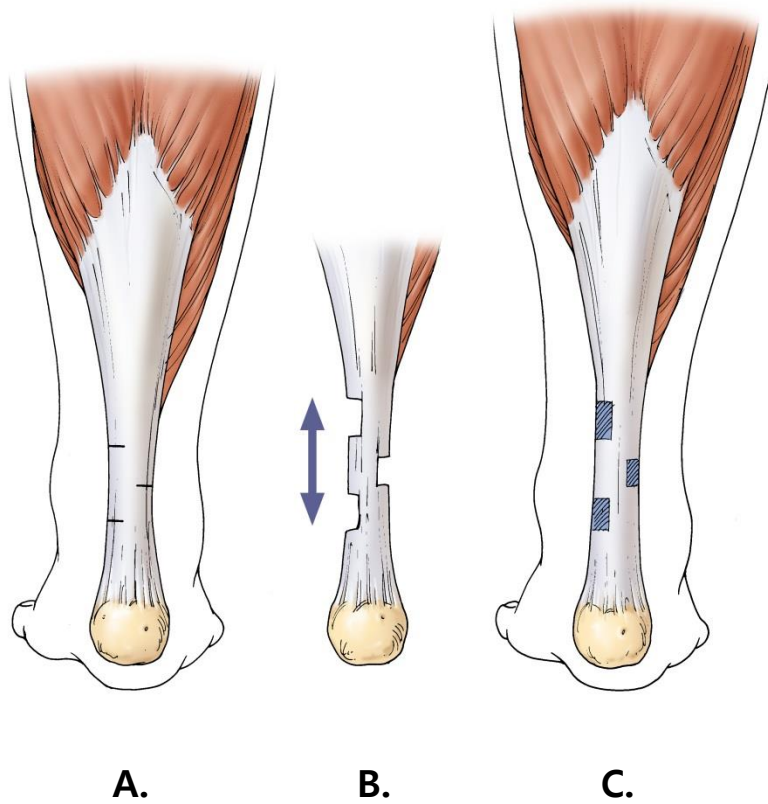


Figure A demonstrates the 3 cuts in the tendon.

Figure B demonstrates the tendon being lengthened.

Figure C demonstrates the healing of the lengthened tendon

**BILLING CODE: 27686**

**BEFORE THE SURGERY:**

- WE WILL GIVE YOU A SURGERY PACKET WITH INFORMATION ABOUT CHILDREN'S HOSPITAL AND ANY OTHER PERTINENT INFORMATION YOU MAY NEED
- WE WILL CALL YOU THE DAY BEFORE SURGERY TO TELL YOU THE EXACT TIME TO ARRIVE THE NEXT MORNING. WE ARE UNABLE TO CALL BEFORE THEN BECAUSE WE ARE CONSTANTLY UPDATING OUR OPERATING ROOM SCHEDULE
- PLAN AHEAD TO STAY ONE NIGHT IN THE HOSPITAL. YOU WILL ALSO NEED TO PLAN FOR YOUR CHILD TO BE IN A WHEELCHAIR, UNABLE TO WALK, FOR 3-5 WEEKS.

### **ABOUT THE SURGERY:**

- SURGERY WILL BE PERFORMED AT STUDER CHILDREN'S HOSPITAL IN DOWNTOWN PENSACOLA, FLORIDA
- GENERAL ANESTHESIA IS USED
- INITIATION OF AN IV IS USUALLY STARTED AFTER PATIENT HAS HAD "LAUGHING GAS"
- ANESTHESIA WILL DISCUSS WITH YOU PERFORMING A NERVE BLOCK WHILE THE CHILD IS ASLEEP TO CONTROL POSTOP PAIN
- THE TENDON WILL BE CUT IN A "ZIG ZAG" PATTERN IN ORDER TO ALLOW IT TO ELONGATE. SOMETIMES MULTIPLE TENDONS NEED TO BE CUT IN ORDER TO ACHIEVE OPTIMAL RESULTS.
- THE CASTS WILL BE APPLIED IN THE OPERATING ROOM AND YOUR CHILD MAY CHOOSE THE COLOR OF THEIR CASTS BEFORE SURGERY!

### **WHAT TO EXPECT IN THE HOSPITAL AFTER SURGERY:**

- AFTER SURGERY, YOUR CHILD WILL BE TRANSFERRED TO AN OBSERVATION UNIT. 2-4 HOURS LATER YOUR CHILD MAY BE DISCHARGED TO HOME IF ALL CRITERIA ARE MET.
- OTHERWISE ADMISSION FOR ONE NIGHT OF OBSERVATION (IT IS STILL CONSIDERED AN OUTPATIENT PROCEDURE)

- BILATERAL CASTS, KNEE IMMOBILIZERS, AND ICE PACKS OR COOL WRAPS AROUND YOUR CHILD'S LEGS. THE NURSE WILL SHOW YOU HOW TO ADJUST KNEE IMMOBILIZERS AND COOL WRAPS.
- PAIN WILL BE CONTROLLED WITH BOTH ORAL AND INTRAVENOUS MEDICATIONS. MOST CHILDREN DO VERY WELL WITH JUST ORAL PAIN MEDICATIONS!
- A WHEELCHAIR MAY BE DELIVERED TO YOUR ROOM OR HOME THE MORNING OF YOUR DEPARTURE. PLEASE CONTACT YOUR INSURANCE COMPANY BEFORE SURGERY FOR RESTRICTED, IE YOUR COSTS FOR THE RENTAL.

### **WHAT TO EXPECT AFTER SURGERY:**

- YOU WILL GO HOME WITH A PRESCRIPTION FOR PAIN MEDICATION
- YOU WILL GO HOME WITH DISCHARGE INSTRUCTIONS AND FOLLOW UP APPOINTMENT INFORMATION THAT WE SEND TO THE HOSPITAL
- FOR THE RIDE HOME, IT IS BEST TO PLACE YOUR CHILD IN THE BACK SEAT OF THE CAR WITH BOTH LEGS ELEVATED ON PILLOWS. AS ALWAYS, PLEASE REMEMBER TO USE A SAFETY BELT!
- CASTS THAT COME UP TO THE KNEES THAT CANNOT BE WALKED ON FOR 3 WEEKS, FOLLOWED BY...

- CASTS THAT COME UP TO THE KNEES THAT CAN BE WALKED ON FOR 2-3 WEEKS, FOLLOWED BY...
- EITHER WALKING BOOTS FOR 2-3 WEEKS OR REGULAR SHOES DEPENDING ON YOUR EXAM
- POSSIBLE PHYSICAL THERAPY DEPENDING ON EXAM

**OTHER INFORMATION:**

- YOU WILL RETURN THE WHEELCHAIR TO THE DISTRIBUTOR ONCE YOU ARE DONE. PLEASE DO NOT DROP IT OFF AT OUR OFFICE.
- FOLLOW ALL CAST CARE INSTRUCTIONS! KEEP THE CASTS CLEAN AND DRY!
- PHYSICAL THERAPY EXERCISES BEGIN 5-7 DAYS AFTER THE CASTS ARE REMOVED.



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