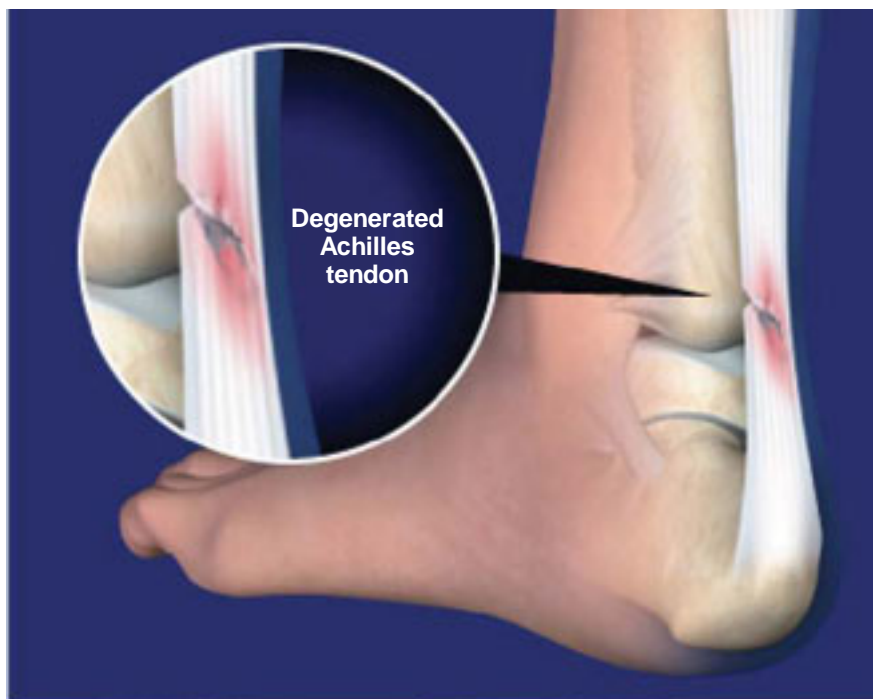




## DEBRIDEMENT OF THE ACHILLES TENDON



### Overview

This surgical procedure is performed to correct a gradual degeneration of the Achilles tendon resulting from tears in the tendon that have not healed properly. Removal of the degenerative tissue in the tendon can minimize pain and help the tendon heal.

### Preparation

The patient is positioned so that the back of the ankle is clearly visible to the surgeon. Anesthetic is administered and the area is cleaned and sterilized.

### Debridement

A single incision is made on the back of the ankle and the area around the tendon is examined. The deteriorated portion of the tendon is carefully removed and the healthy sides of the tendon are stitched together. If the tendon has severe deterioration, a more extensive procedure such as a tendon transfer may be necessary.

### End of Procedure and After Care

The incision is closed with sutures or surgical staples. The ankle is bandaged or placed in a splint. Patients may be required to wear a cast or boot for 3 to 8 weeks after the surgery and should avoid putting weight on the foot. After healing, physical therapy may be required.

