



Information following Percutaneous Tenotomy

Following “Heel Cord” Tenotomy, your child must remain on the Children’s Ward until reviewed and discharged by Staff.

The Cast/s will remain on for 3 weeks (unless otherwise stated).

At home, please check your baby regularly as follows;

1. **Colour** - Toes should be pink.
Pale or dark toes indicate a problem.
Keep the feet warm and slightly elevated.
If no improvement, remove the cast & contact us.
2. **Warmth** - Toes should feel warm to touch.
3. **Position** - All Toes should be visible.
If not, the cast has “slipped”.
Please contact us as we need to reapply it.
4. **Skin** - Check for rubbing or redness at upper and lower end of the cast.

Note: There may be a small blood stain at the heel of the cast after the procedure. This is not unusual and will be checked prior to discharge. However, if this increases at home, please contact us.

Before discharge, you will receive a date for the OPD Plaster Room.

Follow up Appointment - Date: _____ Time: _____

If you have any concerns please contact

- Plaster Room Staff Monday to Thursday 9am -4pm and Friday 9am – 1pm at Phone (021)-4926175
- Outside the above hours please contact nursing administration at (021) 4926100