

Tibialis Posterior Tendon Reconstruction

What is a tibialis posterior tendon reconstruction? A tibialis posterior tendon reconstruction is a transfer of the flexor digitorum longus to the navicular (to reinforce the tibialis posterior tendon) along with a calcaneal osteotomy (to realign the hindfoot), heel cord lengthening, and possible first metatarsal osteotomy in efforts to restore an arch to the foot.

*Following a tibialis posterior tendon reconstruction procedures:

Doctor's Orders:

***Strict NON weight bearing** (meaning do **NOT** place foot down on the ground) for 6 weeks in a non removable fiberglass cast. This may mean you have to hop on your other foot.

***Weight bearing as tolerated for additional 4 weeks in a non removable fiberglass cast or boot.**

***Weight bearing as tolerated for additional 4 weeks in a cam walker boot.**

***If you are diabetic these time frames will be increased.**

***Keep foot elevated above heart level to reduce swelling for the first 2-3 weeks or as long as it takes for you.**

* **Minimal activity.**

***You will need the assistance of crutches, walker, roll-a-bout, and/or wheelchair during the NON weight bearing weeks.**

***Do not immerse operated foot/ ankle in water**

***DO NOT GET CAST WET! If cast gets wet, call the clinic ASAP. Go to ER if on weekend!**

***Do not place any items down into the cast for any reason; please call the nurse for advice.**

***Keep cast/ cam walker boot clean and dry.**

***You will need to plan for clothing to fit over the cast or cam walker boot.**

***You may not drive for 6 to 10 weeks post-op, maybe longer if complications or other procedures are included in your surgery not noted above.**

Usual post-op procedure:

***You will be placed in splint at the surgery center or hospital.**

***You will leave the surgery center or hospital with a prescription for pain medicine and anti-nausea medicine.**

***There will be continued bleeding for several hours after surgery, the blood may be visible through the splint/ dressing; this is expected. Should the bleeding be such that it is leaking or dripping from the splint/ dressing, please contact the office for advice and an appointment.**

***First post-op visit is 2-3 weeks from surgery date for wound check, suture removal, and placement into a fiberglass cast.**

***The first set of post-op x-rays is taken at your 6 week post-op visit.**

***You will have residual swelling; this should resolve over a 4-6 month period from your surgery date.**

Complications:

***Infection of incision site.**

***Excessive activity may cause increased pain and swelling; which can lead to other complications.**

***Non-union of osteotomy site.**

***Repeat surgical procedure.**

***Tobacco use increases the risk of complications and inhibits healing.**

***Numbness or nerve pain near your incisions or in your foot.**

I have read and understand the above surgical protocol. All questions were answered in a language I understood.

Signature of Patient or Authorized Signature for Patient

Date

If you have any concerns or questions, please call 635-3052 to speak to my office for directions on how to proceed.