

## Surgical Patient Education

# Tenjet Tendon/Fascia Debridement

## What is an Tenjet Tendon/Fascia Debridement ?

A Tendon/Fascia Debridement surgery is performed to break up chronic scar tissue on the tendon/fascia in the foot.

The surgeon makes precise cuts to the foot and inserts an instrument that uses high-velocity saline to remove diseased tissue without harming health tissue.



## What are the Risks?

- **Infection** - There is always a risk of infection when you make surgical cuts to the skin, but this is minimal with the tendon debridement.
- **Bleeding** - There is a risk of bleeding as with all surgical incisions/procedures but this is minimal.
- **Damage to blood vessels or nerves** - There are minimal blood vessels and nerves in the area of the surgical procedure so risk for this is minimal.

# What happens during the procedure?

- This is an outpatient procedure which means you will go home the same day.
- You will arrive to the surgery center and go to Pre-Op and be checked in.
- You will then be taken to the operating room and will be placed on monitors and watched closely and you are given medicine to make you sleepy or you are given an injection to completely numb the area where surgery is being performed.
- After you are sleepy or the foot is numb, the surgeon will make an incisions to your foot and perform the procedure.
- Your skin may or may not be sutured closed and steri-strips, gauze and band aids will be placed over the foot.
- You will be woken up and when you are stable you will go home, usually within 1-2 hours.

## Before Surgery

- You may be asked to stop certain medications such as aspirin or ibuprofen, be sure the check with your surgeon's office and anesthesia to see what medications to stop.
- You will be asked not to eat or drink the night before surgery, it is important that you follow these instructions.
- You will be asked to shower the night before or morning of surgery.
- You need to arrange help at home in preparation for surgery. You may need crutches or a walking boot after surgery depending on your pain tolerance and it will be painful to walk for a few days.

## After Surgery

- You will have a small band aid to your foot afterwards that can stays on until you follow up with the physician.
- If you shower, use a waterproof dressing or bandage to cover your band aids to your foot so it does not get wet.
- You may be given a prescription for medication for pain, sometimes the can also be over the counter. It can be important to take the medicine as prescribed and alternate the medicine to get maximum pain control.
- Ice behind the knee and elevation are the most effective ways to treat your pain after surgery. Use the ice as long as it decreases your pain.
- Keep your foot elevated as much as possible. This will make you more comfortable and decrease the risk of a blood clot.
- You usually do not need physical therapy.

# Recovery After an Tenjet Tendon/Fascia Debridement

## How long will I be out of work?

- You should prepare to be off work for a **minimum of 3 days to up to 2 weeks**, depending on your recovery and job requirements.
- The recovery may be shorter or longer depending on how much debridement your physician does and can vary greatly patient to patient.
- You will be able to walk on your foot/feet immediately but you may go home with a boot.
- You usually **DO NOT** need physical therapy.
- You often **DO NOT** have sutures, but if you do they will come out after 2 weeks