

Gastroc Slide Surgery/ Short Recovery

What is gastroc slide surgery (gastrocnemius recession)? It is lengthening the gastrocnemius tendon by a step cut. This is performed to help you roll through the gait cycle putting less stress through your foot as you walk.

*Following a gastroc slide procedure:

Doctor's Orders:

- *Strict **HEEL** weight bearing for 3-6 weeks in a non removable fiberglass cast.
- *Then weight bearing as tolerated for additional 2-4 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 may need the assistance of crutches, walker, roll-a-bout during the HEEL weight bearing weeks.
- *Do not immerse operated foot/ ankle in water, **DO NOT GET CAST WET!**
- *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, possible suture removal and placement into a cast or boot.
- *You will have residual swelling; this should resolve over a 4-6 month period from your surgery date.

Some Potential Complications:

- *Infection of incision site.
- *Excessive activity may cause increased pain and swelling; which can lead to other complications.
- *Repeat surgical procedure.
- *Tobacco use increases the risk of complications and inhibits healing.
- *Certain medical conditions increase the risk of complications and inhibit healing.
- *Numbness or nerve pain around your incision site or possibly along the side of 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.