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FAQ Achilles Tendoscopy

What is an Achilles tendonitis?

Achilles tendonitis is the inflammation of the Achilles tendon resulting in pain that affects athletic performance or activities of daily living. Achilles tendonitis is typically an overuse injury, usually brought on by a sudden increase in athletic activity. Often times, this is a result of the patient not properly stretching before and after exercise. Additionally, one factor that may affect severity of Achilles tendonitis is having a Haglund's Deformity.

A Haglund's deformity is a portion of the posterior calcaneus bone, where the Achilles inserts, that may be enlarged in some patients. Many times, people live their whole lives without this being a problem. However, once there is Achilles tendonitis, the presence of a Haglund's typically makes it more difficult to treat.

How is it diagnosed?

We diagnose Achilles tendonitis based on the patient's history (story of how the pain developed) and physical exam findings. Sometimes we will use additional imaging studies (X-ray, Ultrasound, and/or MRI) to confirm the diagnosis or to rule out other injuries.

How is Achilles tendonitis treated conservatively?

Rest, elevation
Anti-inflammatories
CAM boot
Physical Therapy
Shockwave Therapy

How is Achilles tendonitis treated surgically?

We treat Achilles tendonitis surgically with a posterior ankle scope and debridement of the Achilles tendon. If there is a Haglund's deformity, this will be resected as well. The posterior ankle scope involves the use of tiny cameras and tools to locate and treat the injury. This reduces the overall recovery time and risk of infection, due to the very small incisions required to perform the surgery.

What is the recovery process like?

After this type of surgery you will be placed in a splint for two weeks. After two weeks we will take the stitches out and give you a CAM boot. You will begin to move the ankle joint up and down on your own, gently. You will not be able to put weight onto the ankle for a total of at least 6 weeks. You will remain in the boot until you are about 8 weeks out from surgery and will continue to increase your activity at that point.

Is physical therapy necessary after surgery?

Yes. Physical therapy is necessary after surgery in order to reduce scar, reduce swelling and promote strengthening of the Achilles, as well as other soft tissue structures in the ankle. A physical therapist will also help you with your gait and balance. This is typically started 4 weeks after the procedure and is continued until your goals are met.

How do I know what time my surgery is and where to go?

Someone from the main hospital will call you the day before surgery with all of this information, usually between 2pm-7pm. They will tell you where to go, what time to be there, what to bring/what not to bring, and what time you will have to stop eating/drinking.



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We operate at both the main hospital and the ambulatory center. Please refer to the addresses at the end of the packet.

Please wear comfy sweatpants to surgery as it will be easier to place over your dressing.

What type of anesthesia is used?

Most of our procedures are done with a nerve block (regional anesthesia) while you are in a twilight sleep. The anesthesiologist will perform the popliteal fossa block in the operating room once you are asleep. It will numb your leg from the knee down. This is typically a long-acting block that may last 24-48 hours. On rare instances this can last as long as 3 days. This is done for pain control and comfort during and after the procedure.

We may also do an epidural, or "spinal," in addition to the medication behind the knee. This will numb you from the waist down during the procedure and wears off in the recovery room.

You will meet with your anesthesiologist the day of surgery to discuss what type of anesthesia will be performed in more detail.

Do I have to stay overnight?

No. Most of our surgeries are ambulatory. You typically come in 2 hours before your procedure and stay about 1-2 hours after the procedure. Please leave the whole day open.

What medications are prescribed after the procedure?

Pain: Ibuprofen (600mg every 6 hours) and Tylenol (650mg every 6 hours), strictly for 3 days to reduce the need for opioid medication. You will have a prescription for 5-15 tablets of 5mg oxycodone, depending on the procedure. Refills are not given. Our goal is to reduce your need for opioid medication. Most patients do not require opioids past post-op day 3. Taking opioids for 4 days or more increases your risk of addiction.

Anti-nausea medication: Zofran 4mg to be taken as needed every 8 hours.

Constipation: Colace 100mg 3x/day, as needed, for constipation after anesthesia and with opioid use. In some cases, we add Senna to be taken twice daily, only as needed.

Bone health: Calcium citrate and Vitamin D3 should be taken daily for 1-3 months after surgery.

Blood clot prevention: Aspirin 325mg daily for 2-6 weeks after surgery. If you have a history of blood clots in your family or you are at high risk for blood clots, we may give you a different medication.

Your medications will be sent to your pharmacy after the procedure. If you wish to have your medications prescribed before the surgery, you will need to contact the physician assistant at least one week prior and provide reasoning for receiving your medications early. This is important, as you will be prescribed opioid medications, which are a controlled substance.

What can I use to make my life easier after surgery and can I buy it ahead of time?

Recovering after surgery is hard. There are multiple things we can recommend to help make it slightly better:

Knee Scooter: If Dr. Johnson chooses the formal bunion correction for you, you will not be able to weight onto your foot for 6-8 weeks. Having a scooter will make this much easier. If you would like to rent one you can go to www.kneewalkercentral.com or call 855-973-3978. Alternatively you can buy one online on websites such as Amazon.



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I-walk: A small population do well with something called an I-walk. This looks like a pirate's peg leg and straps to your lower leg. You put your weight through your knee. This allows you to more easily do things like stairs and have your hands free.

“Even Up”: If you are given a boot or a heel wedge shoe, you may feel uneven on the opposite leg. You can purchase an Even Up online to use on the opposite foot over the shoe. This is especially helpful to prevent hip or knee pain due to being unbalanced.

Shower bag/cast bag: For either procedure you will need to keep your foot dry for 2 weeks after the procedure. You can do this by putting a cover over your dressing. You may purchase this at any pharmacy or online.

Shower Chair: If you do not have a bench in your shower/bath, you may purchase or rent a shower chair so you can sit as you bathe.

Walker/crutches: This is usually provided for by the physical therapist after your procedure in the recovery room.

How do I safely dispose of my medication after surgery if I have some left?

It is important that left over pain medication is removed from the home and safely discarded. Most pharmacies, hospitals, and police stations participate in the “take back program” that for safe drug disposal. If you would like to find a disposal location close to you, please visit:

<https://www.deadiversion.usdoj.gov/pubdispsearch>

Alternatively if you have a couple of pills left, you may separate them out of the bottle and mix them in cat litter or coffee grounds. Do not flush the medication because they get in the water supply. Please also do not throw them out in the bottle as people may go through your garbage.

Will someone call me after my procedure?

Yes. You will get a call from the hospital the day after surgery and from the physician assistant (PA). If the hospital gives you instructions that do not align with what Dr Johnson or her PA discuss with you, please notify us and use our instruction instead. The hospital will be giving you general guidelines, but we are more specific to your surgery.

Should I ice after surgery?

Yes. If you have a dressing on after surgery icing is very important. You can put ice in a shopping bag covered with a thin towel and mold it around the foot. Please put something between the ice and your foot as you do not want it to be too cold and you do not want to get the dressing wet. If you have a splint on, the ice may not penetrate as well, but it can still help in reducing swelling. Please remember the 20min on and 20min off rule for icing.

How much do I need to elevate?

Elevation in the first two weeks is extremely important. Reducing swelling helps in pain control and making sure your incisions heal. We typically recommend elevating 80% of the time during the first week and 50% of the time the second week. You do not need to elevate your leg 90 degrees and throw out a hip or back. Placing your leg on 2-3 pillows should be sufficient.



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What is considered “normal” after the procedure?

Swelling, pain, and bruising are all normal after surgery. You may notice swelling and bruising travel into the toes, even on toes we did not operate on. This swelling will go up and down depending on how much you elevate. You may have good days and bad days. Try to limit your activity. The bruising may also change location or color. This is normal. A small amount of drainage is also normal after surgery. If your dressings have soaked through or do not stop draining, please call the office.

I put weight onto my foot by accident. Did I hurt the surgery?

Accidents happen. If you are told to not put weight onto your foot please refrain from doing so. If you by accidently fall off your scooter or there is some situation where you by accidently put weight onto your foot, you may have increased pain and swelling. If this does not go away after a day or two please call the office. The likelihood that one event has hurt your surgery is unlikely. However, repetitive weight-bearing after certain surgeries can lead to a poor result and further surgery. Please follow the post-op guidelines explained to you for your specific procedure.

My foot is red or purple when I keep it down, but then goes away when I elevate it. Do I have an infection?

Most likely no. Due to increased swelling your foot may become a different color, usually purple or red, when you put your foot down up to 6-8 weeks after surgery. This is usually accompanied with increase pain and the feeling of blood rushing to your foot. Because you are not moving your foot normally, the veins are not allowing proper return of the blood up the leg. The discoloration should go away once you elevate your foot. If this does not resolve when you elevate your foot, or you have associated fever, chills, warmth of the foot, or drainage of incision sites, please call the office.

Does the metal hardware come out eventually?

The metal can remain in your foot forever without causing any harm. We only take the hardware out if it bothers you or there is a strong personal preference. Hardware removal requires a minor procedure in the operating room once the bone is fully healed, typically 6-12 months after the original procedure.

I already have crutches/walker at home. Should I bring this with me to surgery? What about a scooter?

Yes you may bring these with you to surgery. If you do not have these a physical therapist will see you after surgery and will supply them to you.

If you have a scooter we do not recommend bringing this with you to surgery as you may be too unsteady immediately after the procedure to use it safely. Please leave the scooter at home. You may use the scooter as soon as you feel comfortable and steady after the procedure.

I think I will need help after surgery. Who do I contact to make sure I get what I need at home?

If you live at home alone or feel you may need extra assistance after surgery, we are here to help! We will help you contact an HSS social workers/case manager before surgery to help make sure you have the care you need after surgery. Please ask the office how to arrange this.



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Is it possible to see a physical therapist before surgery so that they can teach me how to be non-weight bearing and how to go up/downstairs?

Yes. This is incredibly important if you have never been non-weight bearing before or have a lot of stairs. This will be discussed with you prior to surgery and one-time prescription will be given. This can be done close to your home or we have a walk-in clinic on the 2nd floor of the main hospital.

I have a problem after surgery, who do I call?

Please call the office at 212-606-1204 if there is a problem. If it is after hours, this will be directed to the Emergency Line and will be fielded to Dr. Johnson, the physician assistant, or a foot and ankle Fellow.

IMPORTANT NUMBERS:

Dr. Johnson Main Office: 212-606-1204
My HSS Portal Help Desk: 844-269-4509

IMPORTANT ADDRESSES:

Dr. Johnson's office: 523 E 72nd street, 6th floor, NY, NY, 10021
Main Hospital (Hospital for Special Surgery): 535 E 70th street, NY, NY, 10021
Ambulatory Center: 1233 2nd Ave, NY, NY, 10065