Tenotomy (In Clinic)

Your child is scheduled for an Achilles tenotomy in clinic. Read this handout to learn about the procedure and how to prepare for and care for your child after.

Getting Ready
To help your child get ready for the procedure:

- Give your child Tylenol® (acetaminophen) 2 hours before procedure time. Follow the dosage listed on the bottle for your child's weight.
- Pack a bottle, pacifier or other items that will help distract and soothe your child.
- Arrive at the clinic 1 hour before procedure time.

What to Expect
After you arrive, we will remove your child's casts and numbing medicine will be used prior to the procedure.

When it is time for the procedure, we will ask you to wait in the waiting room. The procedure doesn't take long.

Our staff will comfort your child the entire time using the soothing items you brought. We may also use sweet-ease (sugar water) to help distract your child.

After the procedure and casting we will invite you back into the room to be with your child.

We will apply a pressure gauze to the wound and then apply a cast to the foot.

Home Care
We will review after-care instructions with you before you go home.

Follow Up
Your child will have a follow up visit about 3 weeks after the procedure. At this visit we will remove your child's cast and fit them for the boots and bar brace. If your child needs more correction, such as cast wedging, we may schedule another visit in between tenotomy and brace transition.

We will request a prior authorization from your insurance for these.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8472.