Care After a Tenotomy

Your child had a tenotomy procedure to treat clubfoot. During the surgery, the surgeon cut the Achilles tendon with a small blade. Then, we applied another cast to protect the area to allow it to heal. This cast will be removed at a follow-up visit.

Bleeding
The first night after surgery you may notice some blood on the cast. This is normal and not a sign of issues. If the blood spot gets bigger than the size of a quarter, **call the clinic or go to the emergency room.**

Pain
Once the numbing medicine has worn off, your child may be fussy for 24-72 hours. You can give your child Tylenol® for pain.

Cast
Watch the toes in the cast as you have been doing. Call if you're concerned the cast is starting to slip.

Follow Up
We will see your child back in 3-4 weeks to remove the cast and fit your child for the boots and bar.

When to Call
If you have immediate questions or concerns. contact the clinic. Also call if you notice:

- Blood on the heel larger than a quarter
- Fever
- The cast starts to slip

Who to Call
If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/.

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# 8473