

OrthoNeuro

Nicholas A. Cheney, DO
Standard Post-Operative Recovery

Gastrocnemius recession:

- Outpatient surgery that will take Dr. Cheney approximately 5-10 minutes to perform.
- You will go home in the boot you were given in the office. You can put as much weight on your operative leg as you can tolerate starting the day of surgery.
- You will experience calf cramping following the procedure. You will be given a muscle relaxer to help with the cramps.
- If you are not able to put weight on your foot, then you need to take 325mg of Aspirin every 12 hours to decrease the risk of a blood clot until you are able to put weight on your leg.
- You are not to take the boot off until you see Dr. Cheney in the office at your 2 week post operative appointment. Keep the dressing clean, dry & intact at all times.
- At your 2 week post operative appointment, you will be allowed to go into a regular shoe and begin physical therapy assuming your wound is healed. You may also get your incision wet at that time as well.
- You will likely be asked to return for an 8 week post operative visit after you finish physical therapy. This will likely be your last office visit for this problem.

**After Dr. Cheney lengthens your gastrocnemius muscle, you will get some weakness in that calf. The weakness will cause you to put more weight on your heel than ever before. You will no longer have your plantar fascia or achilles tendon pain. Instead, you will feel a different sensation directly under your heel pad and around your heel in general. The best way to alleviate this new sensation is to increase your strength. This is why you are sent to physical therapy. In addition to physical therapy it will be important for you to work in increasing your strength on your own as well (7 days a week). Dr. Cheney recommends calf raises and treadmill walking/running to improve calf strength safely and quickly. It is also important to continue stretching your calf. As the scar tissue continues to heal, it is vital to maintain the stretch that Dr. Cheney obtained for you in surgery. Scar tissue can contract during the healing process if it is not stretched. If the scar tissue contracts, you will likely start to have plantar fascia or achilles tendon pain again. Once your calf is lengthened, your two goals are to maintain the stretch and get your strength back as soon as possible to maintain a pain free lifestyle.