

## Haglund's Deformity

### Home Care Instructions

*After anesthesia has been given, your leg will be cleaned, and sterile drapes will be placed. Haglund's deformity is a bony enlargement on the back of the heel. The soft tissue near the Achilles tendon becomes irritated when this bony enlargement rubs against shoes, which can lead to swelling, inflammation and pain behind the heel. During the surgery, a small incision will be made over the Achilles tendon and the deformity. The deformity is then removed. After the procedure, the skin is closed with sutures and the foot is immobilized with a soft splint.*

-Dr. Michael C. Russonella

- Splint** You will go home with a splint/orthotic on your leg and foot. As much as possible, keep your foot elevated higher than your heart and move your toes up and down to control swelling. DO NOT remove your splint until your follow-up visit or unless told to by Dr. Russonella. When walking use crutches and DO NOT place any weight on operative extremity.
- Diet and Activity** No strenuous activities until surgically cleared. Start out with liquids and progress to your regular diet as tolerated. Try to drink plenty of decaffeinated liquids.
- Ice** Ice is an excellent source of relief of pain, swelling, stiffness, and inflammation. Use it as often as 15-20 minutes three times a day. You may continue to use ice several weeks following surgery. **DO NOT USE HEAT!**
- Pain Medication** All medication is sent electronically to your pharmacy. You will be prescribed an antibiotic which you are required to take to prevent the risk of an infection. You will be prescribed a narcotic to help manage the pain. If you are not comfortable taking the narcotic, you may also take Tylenol 1-2 tablets every 4-6 hours as needed for pain. Please take pain medication with meal. Follow guidelines in the pain management protocol for using medication as directed by Dr. Russonella. You may come off the prescription pain medication when you feel comfortable. Resume other home medication as per usual regimen. The pain medication may cause constipation; drink plenty of fluids, apple juice and prune juice as needed. You can also use Colace 100mg by mouth twice a day. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold over the counter at any pharmacy.
- \*\*If your procedure included a PRP injection: It is critical to avoid anti-inflammatory medications including Advil, Aleve, Aspirin, Celebrex, Ibuprofen, and Motrin. \*\***
- Wound Care and Showering** There may be areas of ecchymosis (black and blue) due to the arthroscopic fluid mixing with small amounts of blood- this is normal, in addition to swelling. Do not get your splint wet, you may use a bag/plastic cover to keep splint dry. Do not use a hot tub, bath, or go swimming until the wounds have completely sealed off. You may shower after the dressing is removed; do not lather the area with soap, although it can get wet. Apply band-aids over the incisions after they are dry.
- Return Visits** The office will call you to schedule your post-operative appointments.
- Emergency** Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.

**\*\* If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. \*\***