

Tarsal Tunnel Release

Surgery

- Outpatient surgery
- Surgery takes about 30 minutes - 1 hour
- Soft dressing with Boot placed immediately after surgery
- Will be weight bearing as tolerated in boot
 - Boot 24/7 – helps prevent scarring around the nerve
- First 2 days expect a lot of pain and swelling (take pain meds and ibuprofen)

Post-op protocol

- Appointments
 - 7-10 days post-op: remove dressings, examine surgical incisions, if healed sutures are removed
 - 3 weeks post-op: possible stitches removal, discontinue boot, possible Physical Therapy (PT)
 - 6-8 weeks post-op: evaluate progress on PT, continue PT if indicated
 - If doing well patient is released to activities as tolerated
- Medications
 - Tylenol with codeine for pain as needed
 - Phenergan for nausea as needed
 - Ibuprofen for inflammation and pain
- Recovery
 - Expect 6-9 months for full recovery and swelling to subside
 - Intermittent pain, swelling for 9-12 months
 - Return to most activities by 3 months
 - Return to work light duty after 7-14 days, heavy duty after 2-3 months

Complications

- Pain
- Swelling
- Nerve injury
- Recurrence

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