

PodiatryCare, P.C. *and the* Heel Pain Center

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SURGERY FOR HEEL PAIN

EPF (Endoscopic Plantar Fasciotomy) is one of the surgeries used to treat severe strain of the plantar fascia when more conservative measures fail to alleviate symptoms.

YOUR SURGICAL EXPERIENCE

EPF is an outpatient procedure. The procedure takes about an hour to perform from start to finish. After entering the operating room, your foot will be scrubbed and draped and you will be given anesthesia before the procedure begins. Usually IV sedation and a local anesthetic are utilized, which means you will be awake, but drowsy and feel no pain during the procedure. After the procedure, you'll be taken to a recovery area. You will be monitored until you can sit up and drink liquids.

THE PROCEDURE

An incision is made on the inside of the heel approximately one-half inch long. A special scope and camera are slipped under the fascia. This allows visualization of the plantar fascia on a monitor. The fascia is cut and released near the heel bone. The incision is then closed with sutures, dressings are applied, and your foot is placed in a special surgical shoe.

AFTER SURGERY

You will be able to walk immediately following EPF surgery, but don't overdo it. Allow your pain level control how much activity you do on your foot. The dressing can be removed 3 days after surgery and you may shower normally.

FOR BEST RESULTS

See your doctor as directed during the next few weeks or months. Physical therapy or stretching exercises are often prescribed to improve recovery. Wearing good supportive shoes can help reduce the amount of strain placed on the plantar fascia. Custom made orthotics may also be prescribed to help control your foot movement.

WHEN TO CALL YOUR DOCTOR

1. Pain despite taking medications
2. Signs of infection (fever, chills, nausea, vomiting, or redness at the site)
3. More than a few drops of blood at the surgical site