

# **DR ANDREW WINES AM MBBS FRACS (Orth) FAOrthA**

## **Adult and Paediatric Orthopaedic Surgeon**

### **Foot, Ankle and Trauma Surgery**

## **ACHILLES SCARIFICATION AND INJECTION WITH PLATELET-RICH PLASMA**

Achilles tendinopathy (wear and tear) can be treated with percutaneous tenotomy, often called scarification, to create tiny tears and stimulate the tendon's healing response, followed by an injection of Platelet-Rich Plasma (PRP) to provide growth factors that aid repair. The procedure aims to reduce pain and improve function in chronic Achilles tendinopathy by triggering a more robust healing process than natural healing or standard therapies can achieve alone.

### **ACHILLES SCARIFICATION (PERCUTANEOUS TENOTOMY)**

#### **What it is**

A minimally invasive procedure where Dr Wines uses a needle to repeatedly fenestrate, or create small holes, in the damaged Achilles tendon that is performed while you are under sedation monitored by your anaesthetist.

#### **Why it's done**

This controlled injury triggers the body's natural healing response, increasing blood flow and inflammation in the area.

#### **Benefits**

It is a safe and effective way to reduce pain and improve function in chronic, non-healing tendons, especially those that haven't responded to more conservative treatments.

### **PLATELET-RICH PLASMA INJECTION**

#### **What it is**

Platelet-Rich Plasma (PRP) is a concentrated solution of your blood containing growth factors and cytokines which promote tissue healing.

#### **Why it's done**

These growth factors are injected into the damaged tendon to accelerate the healing process and stimulate regeneration.

#### **Benefits**

By providing high concentrations of growth factors, PRP aims to enhance the healing of tendinopathies.

#### **Mechanism**

The scarification or tenotomy creates the initial stimulus for healing, and the PRP injection then provides the necessary biological components (growth factors) to support and enhance this healing process.

#### **Expected Outcomes**

Most patients experience significant pain relief and improved mobility. The combination of scarification and PRP injection is likely to lead to better results than either treatment alone. Nevertheless, full recovery may take up to 12 months.

### **GUIDELINES FOR EXPECTED POST OPERATIVE RECOVERY**

#### **Inflammation**

Following a PRP injection, it is common to experience pain and inflammation, which can cause pain and swelling in the injected area for the first few weeks.

#### **Rehabilitation**

Once the acute pain and swelling settles, patients are encouraged to participate in physiotherapy led or home-based exercises, to further support tendon healing and functional recovery.

#### **RISKS**

The risks of this procedure include, but are not limited to, infection, deep venous thrombosis, ongoing pain, increased pain, slow recovery, tendon rupture and adverse reaction to the sedation. As with all procedures there is not a guarantee of a successful recovery.

#### **ANY PROBLEMS**

During office hours contact Dr Wines' office on (02) 9409 0563. After hours, please contact the hospital where your surgery was performed.