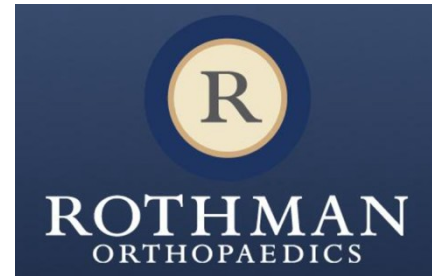


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## **ACHILLES TENDON REPAIR POST-OPERATIVE INSTRUCTIONS**

### **What is the recovery period like?**

- Splint and Walking Brace
  - o You will wear a short leg hard splint and ace wrap for the 10-14 days. This splint starts at the toes, goes along the undersurface of the foot, behind the ankle, and up the calf to stop just below the knee. **DO NOT** bear weight while wearing the splint.
  - o Once the swelling goes down (typically about 2 weeks), you will transition to a CAM walker, this the boot-like brace. You will also have heel lifts in the bottom of the CAM walker. You will be instructed on how to remove the lifts, and how to progress weight bearing at the first post-op appointment. You will wear the CAM walker for the first 6 weeks. You will also use crutches for the first 4-6 weeks.
    - Must keep splint and brace dry. Must be seated to shower.
- Weight bearing precautions
  - o Immediately after surgery you will have crutches with the post-op splint. **\*\*\*You may not put any weight on the surgical leg until the first post-op visit, day 10-14.**
  - o At the first post-op visit, you'll be informed how much weight you can put on the leg.
- Physical Therapy
  - o You will start formal PT after your first post-op visit. You will go 2x/week for about 6 months.
    - Dedication and attendance to your sessions are critical to your recovery.
    - For recommendations on where to go for PT, please contact the office.

### **INSTRUCTIONS FOR IMMEDIATELY AFTER SURGERY:**

- Activity
  - o Apply ice to your ankle but keep the bandages dry
  - o Elevate your leg on 2-3 pillows to reduce swelling, even when sleeping
  - o Follow the weight bearing precaution guidelines above.
- Bandage and Incision Care
  - o Keep the post-op splint on until your first post-op appointment.
  - o Must stay dry

- Incision care/ removal will be provided at the first post-op appointment
- Do not apply creams, ointments, or lotions to your incisions.
- Showering
  - You may shower anytime, but you need to be seated and keep everything dry.
  - Highly recommend getting a shower chair/ stool or take a bath with the operative leg held out of the tub
  - Wrap the post-op splint in a garbage bag and seal with saran wrap at the time. Alternatively, you can purchase a cast cover.
- Driving
  - You may not drive while taking pain medication. In addition, if it is your right lower extremity that had surgery, you will not be able to drive for approximately 6 weeks after surgery or until the boot is removed.
- Normal sensations after surgery
  - Pain
  - Swelling and warmth up to 2 weeks
  - Small amounts of bloody drainage for first few days
  - Numbness around the incision area
  - Bruising
  - Low grade temperature less than 101.0 for up to 2 days after surgery.
  - Small amount of redness to the area where the sutures insert in the skin
- **IF ANY OF THE FOLLOWING OCCUR, CONTACT THE OFFICE IMMEDIATELY**
  - Worsening or new calf pain or swelling in either leg
  - Change is noted to your incision (i.e. increased redness or drainage)
  - Temperature greater than 101.0
  - Fever, chills, nausea, vomiting or diarrhea
  - Sutures become loose or fall out and incision becomes open
  - Drainage becomes yellow, puss like or foul smelling
  - Increased pain unrelieved by medication or measures mentioned above.
- Post-op visit
  - Please ensure that you have a post-op visit scheduled for 10-14 days after surgery.

## **PAIN MANAGEMENT**

### **ORAL PAIN MEDICATIONS**

- Naproxen 500 mg
  - Take 1 tablet twice per day to help with pain and inflammation. You will take this for 2 weeks.
- Tylenol 500 mg
  - Start by taking one tablet every four to six hours when you arrive home after surgery so you have some medication on board when the block wears off. You should take this on a regular schedule for the first few days after surgery
- Tramadol 50 mg
  - This is a non-narcotic pain medication. You can take this medication every 4-6 hours as needed for moderate level pain (pain scale 4-7)
- Oxycodone 5 mg

- This is a narcotic medication. You may take one tablet every 4-6 hours as needed for severe level pain (pain scale 8-10) if the Tylenol and Tramadol medication does not control your pain.

**SIDE EFFECTS OF THESE MEDICATIONS INCLUDE DROWSINESS AND CONSTIPATION. YOU SHOULD NOT DRIVE OR DRINK ALCOHOL WHILE TAKING THESE PAIN MEDICATIONS.**

- **OTHER MEDICATIONS**

- Aspirin 81mg
  - This medication is used to prevent blood clots. It should be taken twice a day for 4 weeks.
- Zofran 4mg
  - This is a nausea medication that is only taken if you feel nauseous.
- Pantoprazole/Omeprazole 40mg
  - This medication is to protect your stomach while you are on the Naproxen
- Colace 100mg
  - This medication is for post-operative constipation.
  - Take this medication twice daily as needed for constipation.

- **ICE MACHINE**

- Recommend using **1 hour on, 1 hour off for the first 2 days after surgery** *while awake*
- Do not place pad directly on skin – make sure there is a barrier such as a t-shirt or towel
- After the first 2 days you may use the ice machine as needed for comfort
- If you did not opt for the ice machine, you may use ice packs on the surgical area for 20-30 minutes every 1-2 hours