

POSTOPERATIVE INFORMATION

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PATIENT STICKER

DIAGNOSIS (LEFT / RIGHT) ACHILLES TENDON REPAIR

DATE OF SURGERY _____

ACHILLES TENDON REPAIR PHYSICAL POSTOPERATIVE INFORMATION

GENERAL

- Your leg will be in a splint for the first 10-14 days after surgery.
- Use Ice and Elevate leg above your heart as often as possible for the first 3-4 days, then as needed for pain relief.
- Do not put weight on the leg, use crutches
- You may shower on Post-Op Day #3. Cover the leg with with a plastic bag. Do NOT get the splint wet.

EXERCISE

- You can wiggle your toes, bend your knee, and bend your hip as tolerated to improve circulation
- You will experience slight numbness in the ankle and toes after the surgery, this is normal. If it seems to be escalating, please call our office
- Some pain is normal after this operation. If it is intolerable, your splint may need to be loosened. Unwrap the ace bandages and rewrap more loosely. If this does not improve your pain, please call the office.

POST-OP

- Enclosed is a prescription for you to use post-operatively:
 - NORCO or PERCOCET, a strong narcotic, is to be used only on an "as needed" basis. You can take 1 or 2 tablets every 4-6 hours, but no more than 8 per 24 hours.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

FOLLOW-UP

- Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.

TIMELINE FOR RECOVERY

- 1) **WEEKS 0-2 : PLASTER SPLINT—2 WEEKS ON CRUTCHES—NON WEIGHT BEARING**
 - a. **SUTURES/STAPLES OUT AT 2 WEEKS**
- 2) **WEEKS 2-6: WALKING BOOT, PLANTAR FLEXED—OR CAST—CRUTCHES—POSSIBLE START RANGE OF MOTION, CONTINUE NON WEIGHT BEARING WITH CRUTCHES, ADJUST BOOT TO NEUTRAL AT 4 WEEKS.**
- 3) **WEEKS 6-8: WALKING BOOT—OFF CRUTCHES, WEIGHT BEAR AS TOLERATED**
- 4) **WEEK 8: OFF CRUTCHES, REGULAR SHOE, START PHYSICAL THERAPY FOR STRENGTH**
- 5) **4 MONTHS: SPORT SPECIFIC TRAINING**
- 6) **6 MONTHS: FULL RETURN TO SPORT**

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.