

## **Post-Operative Instructions: Achilles Tendon Repair**

You are recovering from Achilles tendon repair surgery. The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your leg elevated as much as possible for the first 2-3 days so your ankle is higher than your heart whenever you are resting. You may get up to use the bathroom and to eat meals, but the more you elevate your leg, the less you will swell, bleed, or have pain.
2. Keep your dressing and splint dry until the first post-operative visit. You may shower by wrapping plastic wrap over your splint, but make sure to keep it dry!
3. Post-operative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call.
4. You will be non-weightbearing on your leg for 6 weeks. Please use your crutches. Remember that surgery will cause your thigh muscles to be weak, so take your time and be safe.
5. Post-operative pain is common, but should be controlled by the prescriptions given to you. Do not mix alcohol and prescription pain medications. Your need for prescription pain medication should decrease after 3-4 days, and you should begin taking your usual over-the-counter pain killer (Advil®, Tylenol®, aspirin), as needed. Be sure to take your antibiotics or other medications as prescribed.
6. If you have any unusual problems; increased pain after the first 3-4 days, a temperature over 101.5°F, unusual rashes, circulation or sensation problems, or any other problem, please call our office at (607) 734-4110.

7. Do not drive until you feel completely safe and able to handle the vehicle. You should not drive while taking prescription pain medications.
  
8. You will be seen in the office 10 days after surgery for follow-up, please call for an appointment. If you have any questions or concerns please call us at (607) 734-4110.
  
9. You likely will be placed in a tall fracture boot post op. Bring this to your first post op appointment.