



POSTOPERATIVE INSTRUCTIONS - ACHILLES TENDON REPAIR

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LAOSS

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SPLINT / SLING / MOVEMENT

You will be placed in a soft cast for 1 week after your surgery. Call if splint becomes too tight. This will limit the movement of your ankle as to not disrupt the repair. At your first post-op visit we will remove the cast and place you in a CAM walker boot with heel wedges.

You will be **non-weight bearing with crutches** until instructed otherwise.

ICE

Once splint is removed you may come out of the boot to ice. We recommended icing as much as possible when you get home at intervals of 20 minutes on and off with the leg and ankle elevated.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery (i.e. the leg). To control your pain during the transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (Percocet, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. Pain medication can cause constipation, you may take miralax once a day over the counter. You may also take Colace 100mg 1-2x/day.

You can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication.

A **sleeping medication** (e.g. Ambien or Benadryl) is also provided to help you sleep at night. Take one tablet 15-30 minutes before you plan to sleep.

Please take 81mg of Aspirin daily for the first 30 days after surgery, this reduces the risk of sustaining a DVT (blood clot). If you need to fly within 4 weeks following surgery– please let us know.

DRESSING/BANDAGES

Keep your surgical dressing clean and dry. Do not take a bath or submerge your knee in water until your incision are checked at your first post-operative visit.

DRIVING

You may drive 3-4 weeks after surgery if you are not taking pain medication. If your right leg is the operative side, then you must have good control of your leg prior to driving.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.

APPOINTMENT

It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 7-10 days after surgery. At that visit your sutures will be removed, and you will be given a prescription for physical therapy.

If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on laorthos.com.