



From the office of:

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**POST-OPERATIVE INSTRUCTIONS
PROCEDURE: ACHILLES TENDON REPAIR**

Diet: Begin with liquids and light foods (crackers, soup, etc.). Progress to your normal diet if you are not nauseated. You have been given a prescription for an anti-nausea medication to be taken if needed.

Pain Medication: You have been given a prescription for narcotic pain medicine. These types of medications can cause side effects including nausea, constipation, sedation and confusion. We recommend these only be used for 1 to 2 weeks after surgery. Do not drive while taking narcotic pain medication. An over-the-counter stool softener or laxative, such as Colace, Dulcolax, or Senokot, is recommended to prevent constipation. At any time, acetaminophen (Tylenol) may be substituted instead of your narcotic medicine and used for pain control. Do not exceed 4000 mg of acetaminophen in a 24 hour period. Do not combine with alcohol. You may begin to take NSAID's (ibuprofen, naproxen, etc.) one week after surgery.

Response to Surgery: It is normal to have pain and swelling in your leg/foot after surgery. It will take several weeks for this to go away. Keep your foot elevated as much as possible to help with swelling control. It is also common to notice some bruising around the foot and ankle.

Ice: Keep ice on your surgical site for 30 minutes at a time, then 30 minutes off. We recommend having two ice packs. Keep the unused pack in your freezer, and rotate the packs on and off the surgical site as often as needed. Continue to use the ice as often as possible for the first 5-7 days, then as needed for pain relief.

Wound Care: You will have a splint on your foot and ankle after surgery. This must be kept clean and dry until your follow-up appointment.

Weight-Bearing: Your weightbearing status is "non-weightbearing" which means you are not allowed to put any weight on the operative extremity. You will need to use either crutches, a walker, or a wheelchair for mobility purposes.

Showering: When you feel up to it, you may shower. The splint must stay dry, though. You can use a trash bag with tape/rubber bands or purchase a waterproof cast cover. We recommend purchasing a shower chair to facilitate safe showering.

Driving: You will be unable to drive until you are off narcotic medications and you have been cleared to walk without crutches. This will be at least 6 weeks after surgery. It is important that you feel very confident in your ability to respond quickly to changing conditions before attempting to drive. Make sure you can safely get in and out of your car, as well.

Appointment: A follow-up appointment should be scheduled for you. If you didn't receive an appointment, or if you need to change your appointment time, please call our office at 314-523-2595.

Problems: If you develop severe pain, a fever greater than 101.5°, redness around the incision, thick yellow drainage from the incision, excessive bleeding, or persistent nausea and vomiting please call our office at **314-523-2595**.

Monday - Friday, 7 a.m. to 5 p.m.

Our staff will be available to answer questions

Weekends & Evenings

Our after-hours emergency exchange will be able to contact Dr. Blackman

For more information, please visit andrewblackmanmd.com

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