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POST-OPERATIVE INSTRUCTIONS

ACHILLES TENDON REPAIR

Activity

- Try and rest the first few days following surgery. When sitting or lying down be sure to keep your leg elevated up above the level of your heart to help decrease swelling.
- **No weight on the operative leg until cleared by Dr. Day**
- **Crutches** are used for the first two weeks (and sometimes longer) to provide support and aid in ambulation.
- You have been placed in a **plaster splint**. Do not remove this. It will be removed at your first postoperative visit. It must be kept clean and dry until that time.
- Driving is not recommended when taking narcotic pain medication and should be avoided completely for right-sided surgeries.
- Return to (sedentary) work or school the day after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by Dr. Day.

Dressings

- Leave splint in place until follow up

Showering/Bathing:

- If you wish to shower, use a cast bag or other waterproof covering for your splint and keep the operative leg out of the shower as much as possible. You must use a shower seat for safety and to avoid placing weight on the operative leg.
- After your splint is removed at your first office visit:
 - You should not scrub the incision. Be sure to pat the incision dry with a towel after showering.
 - If wound drainage is noted, you should **sponge bathe instead of showering** until the drainage resolves.
 - No submersion in water, including a bath, Jacuzzi, lake or swimming pool for six weeks and until given clearance by Dr. Day.
 - You may remove the boot to shower, but be careful to avoid any sudden movements or heavy lifting. Continue to use the shower seat for safety in the first 6 weeks.

Medication

- Take prescribed pain medication as needed

- You have been prescribed one of the following **pain medications**:
 - Oxycodone– Please take 1-2 tabs every 4-6 hours as needed for severe pain.
*You will be provided only ONE narcotic pain medication prescription- no refills following your surgery**
- Post-operative pain tends to be the most pronounced the first 2-3 days following surgery. Please take Tylenol, 1000mg every 6 hours for the first 3 days as this has significantly less side-effects compared to narcotic pain medication. **Do not exceed 4,000 mg acetaminophen in 24 hours from all sources.**
- You may have been given a prescription for Aspiring- take 1 (81mg) tablet with breakfast for 30 days as your DVT/blood clot prophylaxis.
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.
- Excessive use of pain medication can lead to an increased incidence of side effects and long- term dependency issues. Please take the pain medication as directed and understand that the medications are meant to minimize pain in the initial post-operative phase but may not relieve pain completely.

Physical Therapy

- No formal therapy is necessary in the first two weeks postoperatively. You will be referred for physical therapy at your first postoperative visit.

Follow Up

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment please contact the office to schedule an appointment to be seen approximately 14 days after your surgery.
- You will be seen by Dr. Day or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.
- Call the office immediately if you develop a fever (>101.5), chills, excessive incision drainage, calf pain, or increased numbness in leg.
- If you have any questions or concerns please feel free to call the office.