



CONNECTICUT  
CENTER FOR  
ORTHOPEDIC  
SURGERY, LLC

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Orthopedic Surgeon

www.OrthoOnTheWeb.com

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

## ACHILLES TENDON REPAIR POSTOPERATIVE INSTRUCTIONS

**Activity:** After your Achilles tendon repair, you should be given crutches (or you may use a walker). These should be used to help you stay **non-weight bearing**. Elevation of the leg above your heart is important to help reduce the leg swelling. Wiggle your toes as often as possible to minimize stiffness. Use ice packs on the ankle for the first 24-48 hours after surgery. Apply the ice as frequently as needed after surgery. You should expect to remain non-weight bearing for up to 6 weeks after surgery.

**Dressings:** The post op cast or splint should be kept clean, dry and intact until seen in the office. Do not put anything in the cast. The cast will be changed at the first post op visit. If I decide to pursue an accelerated rehab program, you will be given a prescription for the Bledsoe Post-op Achilles boot which should be brought to the first post-op visit. Call my office to find out where to get this brace.

**Medications:** You may resume your normal medications that you took prior to surgery. If you are able to tolerate aspirin, take one tablet (325 mg) daily until you have resumed normal activity or are seen in the office. Your prescription for pain medication should be filled after you leave the Ambulatory Surgery Center. Medication refills will only be done by me or my office during the week from 8am - 4pm. Narcotic pain medications will not be refilled after 4 pm or on the weekends.

### Plan ahead.

Medications for postoperative pain are as follows:

\_\_\_\_\_ 1 pill every 12 hours.

\_\_\_\_\_ 1-2 pills every 4 hours if you have pain.

You may take 3 tabs of \_\_\_\_\_ every 4 hours for very severe pain.

If you are **not** taking the above narcotic medications, you may take Extra-Strength Tylenol as directed on the label.

You may also take over-the-counter anti-inflammatory medications such as Advil or Aleve if you know you can tolerate these medications. **Once the nerve block begins to wear off, start you pain medicine.**

**Follow up:** Make an appointment to be seen approximately 14 days after surgery. I will discuss the procedure and the findings during surgery at this visit.

**Precautions:** Complications from surgery can occur and should be identified and treated early.

*Phlebitis: This is a blood clot in the leg. These symptoms include calf pain (i.e.: cramps or a "Charlie horse") in the leg.*

*If a clot goes to you lung, symptoms include chest pain and shortness of breath. Phlebitis is a serious complication if it is undiagnosed or untreated, therefore you should call the office immediately if you have any of these complaints.*

A temperature over 101 degrees.

Numbness, pins and needles, and extreme pain not relieved by the medication provided should prompt you to call the office.

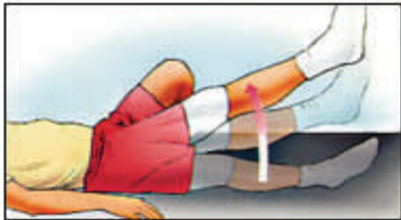
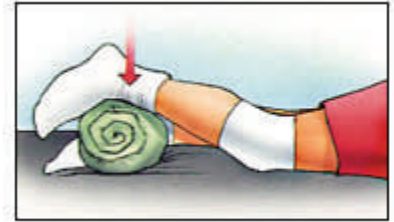
### **CALL THE OFFICE OR EMERGENCY ROOM IF ANY OF THE ABOVE PROBLEMS OCCUR.**

If you have any questions or problems, please call the office. The office is open Monday through Friday from 9:00am to 5:00pm and can be reached at 860-649-2267.

For emergencies, you should call this number and talk with me or the covering doctor.

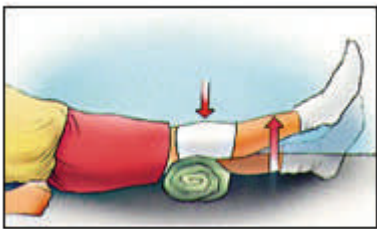
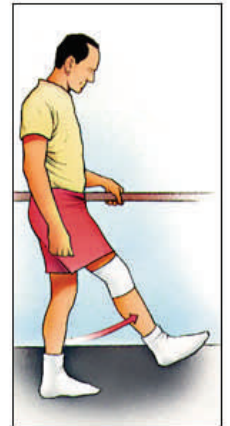
Regular exercise to maintain knee mobility and strength is necessary. For the most part this can be carried out at home. I recommend that you exercise approximately 20 to 30 minutes two or three times a day. If your leg swells or hurts after a particular exercise activity, you should lessen or stop the activity until you feel better. You should Rest, Ice, Compress (with an elastic bandage), and Elevate your knee (R.I.C.E.). Contact your surgeon if the symptoms persist. These exercises can be started 48 hours after surgery.

**Quadriceps Contraction, 10 Repetitions** - Lie on stomach with a towel roll under the ankle of your operated knee. Push ankle down into the towel roll. Your leg should straighten as much as possible. Hold for 5 seconds. Relax. Repeat 10 times.



**Straight Leg Raises, 10 Repetitions** - Lie on your back, with uninvolved knee bent, straighten your involved knee. Slowly lift about 6 inches and hold for 5 seconds. Continue lifting in 6-inch increments, hold each time. Reverse the procedure, and return to the starting position. Repeat 10 times. Advanced: Before starting, add weights to your ankle, starting with 1 pound of weight and building up to a maximum of 5 pounds of weight over 4 weeks.

**Straight Leg Raises, Standing, 10 Repetitions** - Support yourself, if necessary, and slowly lift your leg forward keeping your knee straight. Return to the starting position. Repeat 10 times. Advanced: Before starting, add weights to your ankle, starting with 1 pound of weight and building up to a maximum of 5 pounds of weight over 4 weeks.



**Terminal Knee Extension, Supine, 10 Repetitions** - Lie on your back with a towel roll under your knee. Straighten your knee (still supported by the roll) and hold 5 seconds. Slowly return to the starting position. Repeat 10 times. Advanced: Before starting, add weights to your ankle, starting with 1 pound of weight and building up to a maximum of 5 pounds of weight over 4 weeks.

**Terminal Knee Extension, Sitting, 10 Repetitions**—While sitting in a chair, support your involved heel on a stool. Now straighten your knee, hold 5 seconds and slowly return to the starting position. Repeat 10 times.

