Wound Care:
- After your Achilles Tendon surgery, you will be placed in a splint.
- Be sure to keep the splint clean and dry.
- Your sutures will be removed during your office visit at 3-weeks following surgery.
- You may shower once the splint is removed. However, do not submerge your operative leg in water, such as in a swimming pool or bathtub.

Braces:
- You will remain in the splint until your first postoperative visit, about 2 weeks following your Achilles Tendon surgery.
- At the time of your 2-week visit, you will be placed into a boot in plantar flexion (with your toes pointing down).
- At this time, you may begin gentle active dorsiflexion (point toes up, then release – see pictures below). You should do this 3 times per day for 5 minutes at a time. This will be demonstrated at your first postoperative visit.

Crutches & Weight bearing status:
- Following an Achilles Tendon Repair, you will be non-weight bearing and using crutches, until otherwise directed.
- Non-weight bearing means that you keep your foot off the floor and support your weight using the crutches.
- Approximately 3 weeks following surgery, you will progress to touch down weight bearing. This means you able to partially bear weight (touch the floor lightly with your toes for balance) with crutches. However, do not put any weight onto your operative side until directed by Dr. Ramappa.

Physical Therapy:
- Formal physical therapy will be ordered by your orthopedic surgeon in the form of a written prescription at approximately 10 – 12 weeks following your surgery.
- In the meantime, you will be given a physical therapy protocol form (instructions from Dr. Ramappa).
Dorsiflexion:

Pull toes up and release. Do not push toes down.

Pain Control:

Narcotics

- You have been prescribed ___________________________, which is a narcotic pain medication.
- Use the medication only as prescribed. Take it with food.
- Do not drive or use any type of heavy machinery, drink alcohol, make any life-changing or legal decisions (i.e. sign a will), or participate in activities that require a lot of physical skill.
- Take a stool softener, such as Colace, while taking the narcotic medication, because narcotics may cause constipation.

Non-Steroidal Anti-Inflammatory Medications:

- Please take an over the counter non-steroidal anti-inflammatory such as Motrin, Advil, Ibuprofen (600 mg every 12 hours) or Aleve (500 mg every 12 hours) for additional pain control, only if you do not have a contraindication to taking this medication (i.e. allergy to the medication, stomach ulcers or kidney problems).
- Take this medication with food, and try to stagger the times you take this medication with your pain medication. This may help decrease the chance of stomach upset.
- If you can take Aspirin without any difficulty, then you should take Aspirin 325 mg daily for 4 weeks, starting the day of your surgery, upon arriving home.

Driving:

- You may resume driving only when it is approved by your physician.
- Do not drive if you are still taking narcotic pain medications and/or you are still partial weight bearing.
Return to Work:
- You may return to work following your first postoperative visit, if you feel able. Please discuss this with your provider at your first postoperative visit.
- Return to work notes can be obtained from your orthopedic surgeon at your first post-op appointment.

Follow-up Appointment:
- Your first post-operative appointment will be scheduled around 2 weeks following your surgical procedure.
- If you do not have a post-operative appointment scheduled when you leave following surgery, please call 617-667-3940 to make the appointment.
- Your first post-operative appointment will be with a Physicians’ Assistant (PA) or a Nurse Practitioner (NP).

***Signs & Symptoms to Immediately Report***
- Call 911 and go to the nearest hospital if you are having chest pain or trouble breathing.

Call the office at: 617-667-3940 to report any of the following:
- Persistent fever (101 or greater)
- Sudden increase in pain and swelling
- Wound redness or drainage
- Increased skin temperature around incision
- Deep calf pain and swelling

Sources:
Huddleston, HD, Dr.; The Hip and Knee Institute; Home Exercises for the First 8 Weeks. Pages 1-4.