

DR. RAMAPPA'S POST-OPERATIVE INSTRUCTIONS

Achilles Tendon Repair

Sports Medicine

Beth Israel Deaconess Medical Center

617-667-3940

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 you operative leg in water, such as 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 post operative visit.

Crutches & Weight bearing status:

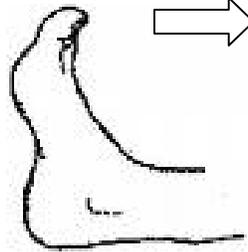
- Following an **Achilles Tendon Repair**, you will be non-weight bearing and using crutches, until otherwise directed.
- Non-weight bearing means that you keep your foot off the floor and support your weight using the crutches.
- Approximately 3 weeks following surgery, you will progress to touch down 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).

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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.

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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.

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