



PATIENT NAME:

DOB:

PHARMACY:

POSTOPERATIVE INSTRUCTIONS

PROCEDURE: ACHILLES TENDON REPAIR

NEXT APPOINTMENT:

LOCATION:

PAIN MEDICATION

You will be given a prescription for pain medication after surgery. This should be filled and ready for use when you return home from surgery. You **SHOULD NOT** drive, operate heavy machinery, or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Norco, Vicodin, or Tylenol with Codeine. You **SHOULD** take an over-the-counter stool softener while taking narcotic pain medications to prevent constipation.

DRESSING

You were placed in a splint after surgery. Keep splint on **AT ALL TIMES. DO NOT REMOVE.** Keep splint clean and dry.

WEIGHTBEARING STATUS

You will be **NONWEIGHTBEARING** on your operative leg. Use crutches or a walker to ensure you do not apply any weight to the operative leg. **DO NOT** engage in prolonged periods of standing or walking over the first 7-10 days following surgery. Elevate the operative leg to chest level whenever possible to decrease swelling.

DVT (BLOOD CLOT) PREVENTION

- >> Beginning the day of surgery, take one **ASPIRIN 81MG** tablet, twice per day for 4 weeks unless not allowed for other medical reasons. **Clear this with your family doctor before starting the aspirin.**
- >> Perform ankle range of motion exercises (ankle pumps) on the uninjured leg to exercise the calf muscles. Do ten reps every hour minimum while awake.
- >> **You should not do any flying for 2 weeks after surgery**

PAIN MEDICATION REFILL PROTOCOL

You **MUST** give your physician **48 HOURS** notice for any medication refill. Many medications require your surgeon to send the medication electronically and cannot be called into the pharmacy. Prescriptions **WILL NOT** be filled over the weekend. A prescription for the same medication you have been taking after surgery **IS NOT GUARANTEED.**

WHEN TO CALL YOUR SURGEON

Complications after surgery are fortunately very rare. Please contact our office if you have any of the following symptoms:

- >> Persistent fever >101°F, chills
- >> Increasing pain at the surgical site
- >> Increased swelling/pain in the calf
- >> New onset numbness or tingling
- >> Hives or new rashes
- >> Shortness of breath or chest pain
- >> Persistent nausea/vomiting
- >> Drainage from your incision lasting >5 days