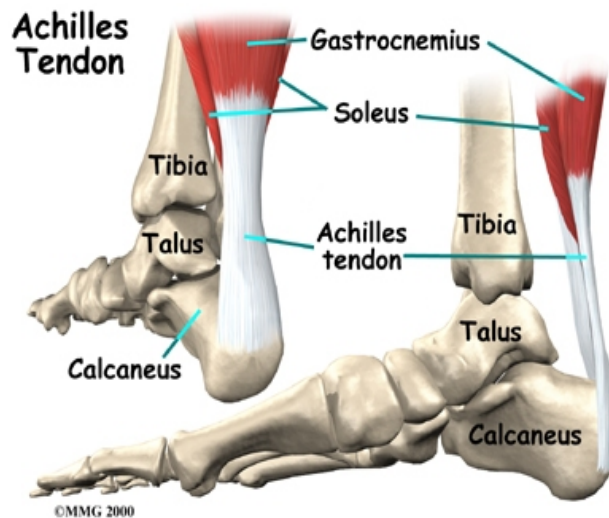


**SURGERY SPECIFIC INFORMATION
ACHILLES TENDON REPAIR**



Why do I need surgery?

A complete tear or rupture requires surgery to sew the tendon back together. It will not heal on its own.

What does surgery entail?

This is an open procedure. A mid-sized incision (about 4-5 inches) will be made on the back of the heel. The torn/ ruptured injured will be identified and debrided to make the tendon as pristine as possible. Then tendon will then be sewn back together, and/or fixated back down to it's insertion to the calcaneous (heel bone).

How long will I stay in the hospital?

This surgery is typically done as ambulatory surgery, meaning you will go home the same day of surgery.

What are the possible risks and complications of surgery?

As with any surgery there is a risk of DVT, nerve damage, and postoperative infection. Specific risks and complications include but aren't limited to re-tear, post-op stiffness, and range of motion deficits.

Will I need to be on blood thinners after surgery?

Depending on your risks for developing a blood clot (i.e. age, past medical history, family history, use of hormonal contraception, smoking status), you may be required to take low dose 81mg Aspirin once daily for 6 weeks following the surgery to prevent blood clots.

When can I drive?

You may not drive while taking pain medication. In addition, if it is your right lower extremity that had surgery, you will not be able to drive for approximately 6 weeks after surgery or until the brace is removed.

When can I resume jogging?

You will not resume jogging until cleared by your physician. This typically is around 6-9 months after surgery, depending on strength.

When can I return to my sport?

There are many factors in returning to sport after surgery. Most patients are able to return around 7-9 months after surgery. Please see "Physical Therapy" below for more information.

What is the recovery period like?

- Splint and Walking Brace
 - o You will wear a short leg hard splint and ace wrap for the first two weeks. This splint starts at the toes, goes along the undersurface of the foot, behind the ankle, and up the calf to stop just below the knee. DO NOT bear weight while wearing the splint.
 - o Once the swelling goes down (typically about 2 weeks), you will transition to a CAM walker, this the boot-like brace. You will also have heel lifts in the bottom of the CAM walker. You will be instructed on how to remove the lifts, and how to progress weight bearing at the first post-op appointment. You will wear the CAM walker for the first 6 weeks. You will also use crutches for the first 4-6 weeks.
 - Must keep splint and brace dry. Must be seated to shower.
- Weight bearing precautions
 - o Immediately after surgery you will have crutches with the post-op splint.
***You may not put any weight on the surgical leg until the first post-op visit, day 7-14.
 - o At the first post-op visit, you'll be informed how much weight you can put on the leg.
- Physical Therapy
 - o You will start formal PT after your first post-op visit. You will go 2x/week for about 6 months.
 - Dedication and attendance to your sessions are critical to your recovery.
 - For recommendations on where to go for PT, please contact the office.

INSTRUCTIONS FOR IMMEDIATELY AFTER SURGERY:

- Activity
 - o Apply ice to your ankle but keep the bandages dry
 - o Elevate your leg on 2-3 pillows to reduce swelling
 - o Follow the weight bearing precaution guidelines above.
- Bandage and Incision Care
 - o Keep the post-op splint on until your first post-op appointment.
 - o Must stay dry
 - o Incision care/ removal will be provided at the first post-op appointment
 - o Do not apply creams, ointments, or lotions to your incisions.
- Showering
 - o You may shower anytime, but you need to be seated and keep everything dry.
 - o Highly recommend getting a shower chair/ stool.
 - o Wrap the post-op splint in a garbage bag and seal with saran wrap at the time. Alternatively, you can purchase a cast cover.
- Pain Management and Cold Therapy
 - o See POST-OP PAIN MANAGEMENT handout. After 2 weeks out, you should only be taking the pain medication at night and before physical therapy.
- Normal sensations after surgery
 - o Pain
 - o Swelling and warmth up to 2 weeks
 - o Small amounts of bloody drainage for first few days
 - o Numbness around the incision area
 - o Bruising
 - o Low grade temperature less than 101.0 for up to 2 days after surgery.
 - o Small amount of redness to the area where the sutures insert in the skin
- **IF ANY OF THE FOLLOWING OCCUR, CONTACT THE OFFICE IMMEDIATELY**
 - o Worsening or new calf pain or swelling in either leg
 - o Change is noted to your incision (i.e. increased redness or drainage)
 - o Temperature greater than 101.0
 - o Fever, chills, nausea, vomiting or diarrhea
 - o Sutures become loose or fall out and incision becomes open
 - o Drainage becomes yellow, puss like or foul smelling
 - o Increased pain unrelieved by medication or measures mentioned above.
- Post-op visit
 - o Please ensure that you have a post-op visit scheduled for 7-14 days after surgery. Please arrive 30-45 minutes prior to your appointment time to obtain X-rays.