the office of **DR. BETH E. SHUBIN STEIN** M.D.

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Achilles Tendon Repair
Post-operative Instructions

1. After you get home, apply ice to your ankle but keep the bandages dry. You may apply ice for 15-20 minutes out of every hour for the next few days or continuous cryotherapy with an ICEMAN or CRYOCUFF if you have it. Ice helps to reduce pain and swelling.

2. Elevate your leg on 2-3 pillows or rolled up towels placed under the **heel or calf** so that the ankle is elevated higher than your heart. This will help reduce swelling and achieve full extension of the knee.

3. Keep the bandages on until you have a postoperative check-up.

4. You may shower, but the incisions and ACE bandaged must not get wet until you have a postoperative check-up.

5. You should NOT put any weight on the leg. When walking, the brace must be worn. You will begin to be able to bear partial weight once the incision is completely healed (sometime between 2-4 wks). You will progress your weightbearing slowly so that by 6 weeks you will be placing near full weight with the ankle in the brace at all times.

6. Take the pain medicine as needed. You may take up to 2 tablets every 3-4 hours if needed. As the pain subsides try to increase the time between doses. In addition to the vicodin tablets you should also take the anti-inflammatory (i.e. Naprosyn) on a daily basis for the first several weeks. State law prevents us from being able to call in refills of narcotic medication to your pharmacy. Should you require a refill of pain medication, please contact the office allowing 3 business days in the event the paper prescription needs to be mailed or picked up from the office.

7. Your first postoperative check-up with the doctor should be within 10-14 days from the day of surgery.

8. It is normal to have some discomfort and swelling, as well as a small amount of blood-tinged drainage, following surgery. If this becomes severe, or if you develop a fever >101.5 degrees, calf pain, shortness of breath, or chest pain, please call immediately. If you have questions or problems, call the office.