

Central Texas

Sports Medicine & Orthopaedics, P.A.

Post Operative Instructions—Achilles Tendon Repair

Cold Therapy:

- Expect swelling after your surgery. Ice will help reduce the pain and swelling.
- The day of surgery – Ice bags should be applied to Achilles area every 3 hours for 20 minutes
- The first week after surgery – use ice bags three times a day for 20 minutes. Then as needed
- Do NOT place ice bags directly on your skin

Boot:

- You will be placed in a special boot after surgery
- You will be non-weight bearing for 6 weeks

Wound Care:

- DO NOT remove the boot after surgery
- Your boot will be removed and your dressing changed one week after surgery
- To shower, cover boot with plastic wrap or garbage bag. Do NOT get boot wet

Activities:

- Use crutches for 6 weeks. Do not bear any weight on operative leg
- **You can NOT drive for 24 hours after surgery or while taking the pain medication**

Pain Medication:

- **Lortab (hydrocodone)**. You may take one tablet every 6 hours as needed for pain.
- **Toradol (Ketorolac)** (anti-inflammatory medication) – start the **day after** surgery and take **ROUTINELY** one with breakfast, lunch, and dinner for 5 days. While taking the Toradol, **DO NOT** take Advil or Aleve. We recommend taking these medications with food.

Warning Signs:

- Call the office if you experience any of the following
 - Persistent or increased pain
 - Significant swelling, numbness or bleeding
 - Fever greater than 101 degrees

Follow-up Appointment:

- Call the office if you have not already scheduled your follow-up appointment. We would like to see you one week after your surgery.
- After hours, if you have any questions or concerns, call the office number **(979) 776-0169**