

## **Camille Clinton, M.D.**

**ProOrtho**

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## **Achilles Tendon Repair Post-operative Instructions**

### **ICE**

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. It may be difficult to feel the ice through the splint, but it helps to reduce pain and swelling.

### **ACTIVITY**

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 pain. You should not put any weight on the leg. Use crutches.

### **BANDAGES/SPLINT**

Keep the splint/bandages on and dry until your first post-op check 10-14 days after surgery.

### **SHOWERING**

You may shower, but the bandages must not get wet until you have a postoperative check-up. If you accidentally get your bandages and splint wet please call the office.

### **PAIN MEDICATION**

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 \_\_\_\_\_ tablets you should take an anti-inflammatory medication (naprosyn, ibuprofen) regularly. If needed you may also take Tylenol.

### **WHEN TO CALL**

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 any other questions or problems please call the office.