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Discharge Instructions for Achilles Repair

Diet: Start out with liquids and progress to your regular diet as you tolerate.

Activity: Do not perform any strenuous activity. Do not walk on leg until instructed by your Doctor.

Pain Medication: A prescription was electronically sent to your preferred pharmacy the day before your procedure. Take this medicine for severe pain only. You may also use Advil/Motrin, an over the counter medication if you choose. Any activity that requires precise thinking and accuracy must be avoided while on narcotics after surgery, which includes operating machinery and/or driving a vehicle.

Ice: Ice is an excellent source of pain relief, swelling, stiffness and inflammation. Use it for a 20 minute duration a few times per day. The ice pack should never be placed directly on the skin. It can be used for several weeks as needed.

Return Visit: Your post-op appointment with your Doctor has been scheduled and is listed in the paperwork that you should have received in the mail and on your discharge packet. If you need to change the date and/or time, please call (302) 655-9494.

Emergency or Problems: DOS staff is available 24 hours a day in case you experience any problems once you leave the surgical facility. After hours, please call (302) 655-9494 for assistance.

Wound Care: Your incision is closed with sutures, staples, or steri-strips. It will usually drain or leak after you have returned home. Do not become alarmed unless you consider the volume or color of the drainage to be excessive.

Cast/Splint Care: You will need to leave splint or cast at all times. You need to avoid getting the cast or splint wet, putting anything down it, or hitting anything or anybody with it. These are all potentially dangerous to yourself and others.

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Showering: You should never take a bath, use a hot tub, or go swimming until instructed to do so. You may shower only if you keep the wound completely dry. Waterproof dressings can be purchased at your local pharmacy.(ie Tegaderm)

Suture Removal: Your sutures or staples will be removed at 10 days to 2 weeks after your procedure.

Surgery Supply Info

Lower Extremity Surgery

- Be prepared that you may not be able to walk without assistance (use of crutch or crutches) for a period of time.
- Place to sleep comfortably, as climbing up and down stairs may be unreasonable for a few days (sleeping on a couch, downstairs bedroom, etc..)
- Waterproof bandages (Tegaderm) to cover your wound when showering. They can be found at your local pharmacy.
- Extra ice pack (one (1) pound of peas or corn works great.) Ice packs should not be placed directly on the skin.
- A means of transportation, you may be limited from driving for a period of time. Due to multiple reasons, not able to drive while taking Narcotics, unable to use your right leg, etc…
- Possibly use of a shower stool to have if unable to apply weight or balance on one of your legs.

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Achilles Repair Surgery Guideline

Day 0 – 10:

1. Keep in splint until seen back in the office
2. Non-Weight Bearing

Day 10 – Week 8:

1. In a boot
2. Non-Weight bearing

Week 8 – 12:

1. Start Physical Therapy
2. Start weight bearing in the boot
3. Weight bearing as tolerated

Week 12 – beyond:

1. Continue physical therapy
2. Continue to progress back to your normal gait