

Achilles Tendon Repair

Home Care Instructions

After anesthesia has been given, your leg will be cleaned, and sterile drapes will be placed. A small incision will be made over the Achilles tendon. The ruptured tendon is identified and exposed. The ruptured ends of the tendon are brought together with sutures to achieve a secure repair. Sometimes a small tendon in the leg is also used to reinforce the Achilles tendon repair. The skin is closed with sutures and the foot is immobilized in a soft splint.

-Michael C. Russonella, D.O.

Splint	You will go home with a splint/orthotic on your leg and foot. As much as possible, keep your foot elevated higher than your heart and move your toes up and down to control swelling. When walking use crutches. DO NOT place any weight on the operative extremity.
Activity and Diet	No strenuous activities until surgically cleared. Start out with liquids and progress to your regular diet as tolerated. Drink lots of decaffeinated liquids. DO NOT consume any alcohol or drive if you are using narcotics. REST: the first day post-op rest you ankle ICE: not only will ice decrease pain it will also decrease swelling. Ice for 15-20 minutes three times a day. You may continue to ice several weeks following surgery. DO NOT USE HEAT! COMPRESSION: elastic wrap will be placed around your heel following surgery you are to wear that wrap to also decrease the swelling, DO NOT SLEEP or SHOWER with it on. When reapplying the elastic wrap be sure not to wrap it snug on your heel, not too tight or too loose. ELEVATION: place pillows under your heel for elevation this will decrease the swelling.
Pain Medication	All medication is sent electronically to your pharmacy an antibiotic (which you are required to take to prevent risk of infection) and a narcotic (if you are not comfortable taking the pain medication you may also take Tylenol 1-2 tablets every 4-6 hours as needed for pain). Please take pain medication with meal. You may come off the prescription pain medication when you feel comfortable. Resume other home medication as per usual regimen. *If your procedure included a PRP Injection: It is critical to avoid anti-inflammatory medications including Advil, Aleve, Aspirin, Celebrex, Ibuprofen, and Motrin. The pain medication may cause constipation; drink plenty of fluids, apple juice and prune juice as needed. You can also use Colace 100mg by mouth twice a day. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold over the counter at any pharmacy.
Wound Care and Showering	There may be areas of ecchymosis (black and blue) this is normal, in addition to swelling. After 72 hours following surgery you may shower, DO NOT GET THE AREA WET! DO NOT apply any creams or salves to your incision; this can cause complications. Do not get your splint wet, you may use a bag/plastic cover to keep splint dry. Do not use a hot tub, bath, or go swimming until the wounds have completely sealed off.
Return Visit	The office will call you to schedule your post-operative appointments.
Emergency	Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office. ** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. **