



## ACHILLES TENDON REPAIR: Post- Operative Visit Objectives

- 1) **Review** the operative findings, procedures and photos.
- 2) **Medications:** Make sure they are effective and not causing problems.
  - a) **Ultracet (tramadol/acetaminophen)** this is a pain medication that contains acetaminophen or Tylenol. You should not combine Ultracet with Tylenol to prevent overdosing of acetaminophen. It is okay to combine this medication with anti-inflammatory medications (NSAIDs) such as Advil or Aleve.
    - i) Directions for use: We recommend 1-2 tablets to be taken every 6 hours as needed for moderate-severe pain. You should not take more than 8 pills per day. NOTE: You may switch to extra strength Tylenol at any time if your pain is under reasonable control.
  - b) **Mupirocin Ointment**—continue to apply twice per day with Q-tip to nasal cavities (rim of nose/nostril) x 2 more days.
- 3) **Wound care:**
  - a) Today we will change your dressings. We will re-dress the incisions with gauze and an ACE bandage for the first week. If you continue to bleed you will need to change the gauze from this dressing, otherwise leave the dressings on without changing.
  - b) **Please keep the incisions as dry as possible.** To shower you will need to cover the gauze and ACE wrap with a plastic bag so that the incisions do not get wet. We will water-proof the incision site once the sutures have been removed.
  - c) Sutures will be removed at 7-10 days after surgery
- 4) **Exercises and physical therapy:**
  - a) Range of motion exercises- dorsiflexion and plantarflexion (move the foot up and down) out of the boot; 2 sets of 5 3x/day for the first week.
  - b) Increase range of motion exercises (dorsiflexion and plantarflexion to 2 sets of 20). At week 2, add 2 sets of 20 eversion and inversion exercises (side to side)
  - c) You will start stationary biking at **3 weeks**
  - d) Use the **ice and elevation** to minimize swelling.
  - e) Physical Therapy: You may begin **Physical Therapy after suture removal, 7-10 days after surgery.**
  - f) We will give you the physical therapy referral at your suture removal post-operative visit.
- 5) **Crutches/Boot:**
  - a) You will be **partial weight-bearing (PWB) with crutches** for 3 weeks.
  - b) The **boot** stays on for **3 weeks when you are up and about.**
  - c) You will progressively place more weight while using the crutches and will be **full weight-bearing** without the crutches at **3 weeks.**
- 6) **Follow Up Appointments:**
  - a) Schedule a follow up visit in approximately 7-10 days for Suture removal *if necessary* (we will tell you). The next appointment to follow will be at 6 weeks from your surgery date.
- 7) **Notes etc:**
  - a) Make sure you have all necessary notes and documentation for school or work.



**8) Issues: If you have any questions, please ask us or call (310) 310-2729.**