

Pre and Post Op Instructions: **Achilles Tendon Repair**

Pre Op Checklist:

- Please trim toenails and clean dirt from underneath nails.
- Wear loose fitting clothes the day of surgery. Expect to have a bulky dressing or splint postoperatively on your wrist.
- If you work, you will likely have a work restriction. Please communicate with your work prior to surgery. Work restrictions will be discussed with ortho office prior to surgery.

Surgery Day:

- Postoperative instructions will be given to your family member or friend that brought you to the hospital.
- Prescriptions for pain control will be given to you on the day of surgery.
- No eating or drinking after midnight the day of surgery.

Post Op:

- Keep dressings and splint on at all times. Do Not Remove unless told otherwise.
- No weight bearing to operative leg. Use crutches.
- **ELEVATE all the time.** This means the ankle should be above the heart when lying down.
- No showers. No plastic bags over splints with showers. High risk of getting wet and causing infection. Sponge baths only.
- Take prescribed pain medication as instructed. We strongly advise not to take ibuprofen within the first 2 weeks of the procedure, if possible. Studies suggest delayed bone healing with ibuprofen and other NSAIDs. Postoperative pain is normal. It will get worse before it gets better.
- Follow up appointment should be scheduled in advance before your surgery. Call my office at 800-622-6575 if you have any questions, or you can call my patient care line directly at 765-213-3885 and leave a message for my nurse.

Jonathan S. Chae, MD