

Post-Operative Instructions: Achilles Tendon Repair

Coming Home

- Keep your foot and ankle elevated as much as possible for the first 72 hours after surgery. It is recommended to sleep on your back with pillows under the foot during this time.
- Avoid putting any weight down on the operative foot/ankle. Use crutches, walker, wheelchair, or a rolling knee scooter to move around.

Dressings/Hygiene

- Keep your dressings dry and intact. They will be removed in the office at your first visit.
- Use sponge baths to wash. Avoid showering as it risks contaminating your splint and dressings.
- Do not remove the splint. It will be removed in the office.

Medications

- **Aspirin / Rivaroxaban (Xarelto) / Enoxaparin (Lovenox):** You have been prescribed one of these medications to help lower the risk of blood clots. It is important to take the full amount of medication as directed. The over-the-counter aspirin dose is 325 mg daily for 30 days.
- **Acetaminophen (Tylenol):** This medication helps with pain. It should be taken on a scheduled basis (1000 mg every 8 hours) for as long as needed.
- **Oxycodone / Tramadol / Hydrocodone:** These are narcotic medications that can be taken as needed for pain control. You should taper off and discontinue these medications as soon as you feel you no longer need them.
- **Gabapentin:** This medication helps diminish pain signals along the sensory nerves. If prescribed, it should be taken as prescribed on a scheduled basis at least until you are off narcotic pain medication. You may keep taking the gabapentin for as long as it is beneficial.
- **Ibuprofen:** You may have been prescribed a short course of this anti-inflammatory medication. After completing this, you should **avoid** the further use of any anti-inflammatory (NSAID) medication after surgery, because this can hinder tissue healing. Examples include ibuprofen, naproxen, Motrin, Advil, Aleve, diclofenac, Voltaren, celecoxib, Celebrex, meloxicam, and Mobic.

Follow-up and Contacts

- Your first post-operative visit has likely already been scheduled, typically in about 2 weeks.
- Physical therapy may be recommended. Dr. Gross will review this with you at your follow-up visit.
- If you have any questions or concerns, please do not hesitate to call:

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