



VIRGINIA SPINE & SPORTS ORTHOPAEDICS

Angela Santini, M.D.

Board Certified Orthopaedic Surgeon

Specialty in Spine

Phone: 703-858-5454

POST-OPERATIVE INSTRUCTIONS ACHILLES TENDON REPAIR

1. Keep the foot elevated for the first 3 to 4 days.
2. Use crutches for walking. Do NOT put any weight on the operated leg.
3. You may shower on your 3rd postoperative day. Keep the splint and foot dry by covering with a plastic bag or plastic wrap.
4. Please schedule a follow-up appointment for 3-5 days postoperatively for casting.
5. Suture removal will be 12-14 days post operative.
6. If you develop a fever (>101.5), redness or drainage from the surgical incision site, please call the office to arrange for an evaluation.
7. Enclosed are two prescriptions for you to use postoperatively. Motrin, anti-inflammatory medicine, is used twice daily **with breakfast and dinner**, For the first 10 days after surgery. Percocet, a narcotic, is to be used on an **“as needed basis”** for the pain in addition to the Motrin.

If you have any questions, please feel free to call our office at 703-858-5454.

If you have any difficulty using the anti-inflammatory medicine or aspirin, or have a history of ulcer disease, you'll only use the Percocet postoperatively.

If you find that the Motrin is upsetting your stomach, please call our office to review the medications.