

Post-Operative Instructions:

Achilles Tendon Repair

Diet:

- Begin with clear liquids and light foods (jellos, soups, etc).
- Progress to your normal diet if you are not nauseated.

Wound Care:

- Maintain your operative dressing, loosen splint if swelling of the foot occurs.
- Keep dressing intact until your first post-operative appointment.
- To avoid infection, keep your incision clean and dry – you may shower by placing a large garbage bag over your splint, starting the day after surgery – NO immersion of the operative leg in water (i.e. bath)

Medications:

- Pain medications were injected into your wound and ankle during the surgery – this will wean off in 8-12 hours.
- Primary Medications:
 - 1. Acetaminophen (Tylenol) 1 g PO every 8 hours scheduled [Rx for 30 (500 mg) tablets]
 - 2. Tramadol (Ultram) 100 mg PO every 8 hours scheduled [Rx for 30 (50 mg) tablets]
 - 3. Meloxicam (Mobic) 15mg PO daily [Rx for 10 (15mg) tablets]
 - a. Alternative: Celecoxib (Celebrex) 200 mg PO every 12 hours scheduled [Rx for 20 (200mg) tablets]
 - 4. Gabapentin (Neurontin) 200mg every 8 hours [Rx for 15 (200mg) tablets]
 - a. Alternative: Pregabalin (Lyrica) 50 mg PO every 12 hours scheduled [Rx for 10 (50mg) tablets]

----- Take medications above as scheduled until they are gone-----

- 5. Oxycodone (OxyIR) 5 mg (1-2 pills) PO every 4 hours as needed (only as needed) [Rx for 30 (5mg) tablets] - **Only take this medication if the other scheduled pain medications are not adequately controlling your pain.**
- If you are having a problem with nausea and vomiting please take one of your anti-nausea medications – Zofran. If still having issues please call our office for a possible medication change.
- Do not drive a car or operate machinery while taking narcotic medication.

Activity:

- Elevate the operative leg to chest level whenever possible to decrease swelling.
- Use crutches to assist walking – you may not weight bear on your operative leg unless otherwise instructed by Dr. Keller
- Do not engage in activities which increase ankle pain and swelling (prolonged standing or walking) over the first 7-10 days after your surgery.
- Avoid long periods of sitting (without your leg elevated) or long distance traveling for 2 weeks.
- No driving until instructed by Dr. Keller.
- May return to sedentary work ONLY or school in 3-4 days after surgery, if pain is tolerable.

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Ice Therapy:

- Begin immediately after surgery
- Use Ice every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep leg elevated to the level of the chest when icing.

Exercise:

- No Exercises or motion of the operative ankle should be performed unless instructed to do so by Dr. Keller.
- Formal physical therapy (PT) will begin after your first post-operative appointment.

Emergencies:

- Contact Dr. Keller if any are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (>101) or chills. It is normal to have a low-grade fever after surgery.
 - Redness around the incision
 - Color change in your toes
 - Continuous draining/bleeding from the incision (small amounts are completely normal)
 - Difficulty Breathing
 - Excessive nausea.

***If you have an emergency please contact Dr. Keller before going to a hospital or emergency room.

Follow-up Care/Questions:

- Please contact Katharyn Chernicky, Dr. Keller's assistant at 248-659-0190. OR email Dr. Keller at RKeller@DL-Ortho.com.
- If you do not already have a post-operative appointment, please call and schedule by calling 248-650-2400 and asking for appointment scheduling.