



**THOMAS KREMEN, MD**

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

UCLA DEPARTMENT OF ORTHOPAEDIC SURGERY

(424) 259-9856 OFFICE

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## **Achilles Tendon Repair**

### **Post-operative Instructions**

1. After you get home, apply ice to your ankle but keep the bandages dry. You may apply ice for 15-20 minutes out of every hour for the next few days or continuous cryotherapy with an ICEMAN or CRYOCUFF if you have it. Ice helps to reduce pain and swelling.
2. Elevate your leg on 2-3 pillows or rolled up towels placed under the heel or calf so that the ankle is elevated higher than your heart. This will help reduce swelling and achieve full extension of the knee.
3. Keep the bandages and splint (hard plaster on the back of your leg and foot) on until you have a postoperative check-up about 10-14 days after surgery.
4. You may shower on postoperative day 3, but the incisions, splint or bandages must not get wet until you have a postoperative check-up. This can be accomplished by placing your foot just as it is with all the dressings and splint materials into a plastic bag, taping the bag sealed onto your skin just below the knee. Then take another bag and tape it onto the skin just above the knee. This will provide two layers of protection.
5. You should NOT put any weight on the leg. Use crutches when walking and the splint must be worn at all times. You will begin to be able to bear partial weight once the incision is completely healed (sometime between 3 to 6 wks). You will progress your weight bearing slowly so that by 6 weeks you will be placing near full weight with the ankle in the brace at all times.
6. Take the pain medicine as needed. You may take up to 2 to 3 tablets every 4 to 6 hours if needed. As the pain subsides try to increase the time between doses. In addition to the oxycodone tablets, you should also take the anti-inflammatory (i.e. Naprosyn) on a daily basis for the first several weeks. State law prevents us from being able to call in refills of narcotic medication to your pharmacy. Should you require a refill of pain medication, please contact the office allowing at least 3 days to obtain a new prescription

7. Your first postoperative check-up with the doctor should be within 10-14 days from the day of surgery.

8. It is normal to have some discomfort and swelling, as well as a small amount of blood-tinged drainage, following surgery. If this becomes severe, please call the office.

If you experience any serious problems or concerning symptoms, please call our office at:

- Regular business hours: **424-259-9856**
- After hours/weekends: 310-206-6766 and ask to be connected with the doctor on call for the Sports Medicine Service.

**Warning Signs. Call the office if you notice any of the following symptoms:**

- Chills or fever over 101° F.
- Bleeding or fluid draining from the incision more than 5 days after surgery.
- Foul smell/cloudy drainage from the operative site.
- New numbness or newly discovered inability to move a specific muscle
- Increased pain
- Wound edges opening (dehiscence)
- Excessive redness at the incision site or swelling/puffiness around the knee/incisions
- Increasing pain, particularly in your calf muscle
- If you experience significant chest pain or shortness of breath, please call 911 and/or go to your local emergency room immediately as this may represent a life-threatening emergency. Please call our office to keep us informed of any such events.

**Please call 424-259-9856 to make a follow up appointment or to confirm that you already have a follow up appointment scheduled. You should be seen by Dr. Kremen approximately 10 to 14 days after surgery.**

