

ACHILLES TENDON REPAIR POST-OPERATIVE ORDERS

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ANESTHESIA PRECAUTIONS

- You received sedation today. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. A responsible adult must be with you for the first 24 hours following surgery for safety.
- Do not drive for 24 hours after surgery or while using narcotic pain medication. If surgery was on your right ankle, you may not drive until cleared by clinic.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room.

ACTIVITY

- Keep your operative leg elevated above the level of your heart for at least 48 hours after your surgery.
 - You may get up during this time to go to the bathroom, dinner table, and to bed
- You may NOT put ANY weight on this leg immediately after surgery
- Bend your knee and hip several times every hour while awake within your comfort level
- You may use ice through the splint so long as the splint does not become wet.
- You will need crutches or walker after surgery. Rollator knee scooter is allowed in most cases.
- After 48 hours you may increase your activity as tolerated with the weight bearing restrictions.

WOUND CARE

- Keep the splint from surgery in place until your clinic appointment.
- Showering: You may shower immediately after surgery, but use a plastic bag or similar to keep the splint clean and dry. Do NOT get the splint wet.
- If you notice any bleeding through the splint, please call the clinic for recommendations.

MEDICATIONS

- Resume all the medications you were taking prior to surgery
- Toradol (ketorolac) – We may prescribe this medication if you are able to take NSAIDs. Take one tablet twice a day with food. This is a potent antiinflammatory that helps diminish the swelling associated with surgery
- Norco (hydrocodone-acetaminophen) - take 1-2 tablets every 4 hours as needed. This is a short-acting narcotic pain medication. Do not take Tylenol or any other medication with Tylenol in it at the same time – Norco contains Tylenol.
- Zofran (ondansetron) - take 1 tablet every 6 hours as needed. This is an anti-emetic medication that can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.

- The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking the Norco, such as over-the-counter Miralax powder.
- We suggest that you take 2 over-the-counter baby aspirin (162mg) daily for the first 4 weeks after your surgery to help prevent blood clots.
- You may use these medications in any combination. Attempt to wean from the Norco as you are able over the next few days.

FOLLOW-UP APPOINTMENTS

- Make sure you have an appointment scheduled around 2 weeks after surgery with Dr. Morgenstern. If this has not been done, please call (763) 520-2784 to arrange follow-up
- You will also see Dr. Morgenstern 6 weeks after surgery. Ensure this appointment is also scheduled.

DIET

- Start with something light, like soup and crackers.
- If not nauseated, can resume your regular diet.

CALL US IF:

- Fever over 101 degrees for more than 24 hours
- Foul-smelling drainage from operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea/vomiting
- Hives, rash, or medication intolerance
- Pain or redness in the calf. If you have any shortness of breath, go directly to the nearest Urgent Care or Emergency Room (this can be a sign of a blood clot)