

Achilles Tendon Repair Post-Op Instructions

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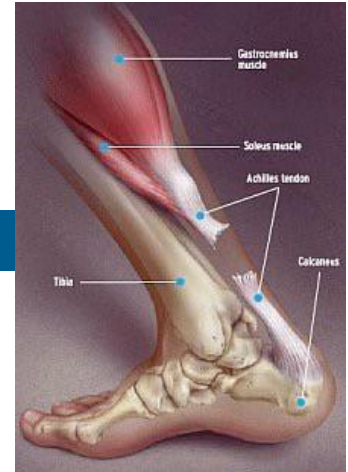
OVERVIEW

This is a protocol that provides you with general information and guidelines for the initial stage and progression of rehabilitation according to the listed timeframes. Specific changes may be made by the care team as appropriate given each patient's operative findings.

QUESTIONS

If you have any concerns or questions after your surgery, during business hours call 763-302-2231. You may need to leave a message.

After Hours: 763-520-7870



DIET

- Begin with clear liquids and light foods (jello, soup, etc.).
- Progress to your normal diet as tolerated.

WOUND CARE

- Leave operative dressing in place after surgery. Loosen ACE wrap if pain/swelling increases. If pain is severe, call our office.
- DO NOT remove surgical dressings and splint after your surgery. If splint becomes saturated with blood, please contact our office to be seen. 763-520-7870.
- Keep your incisions clean and dry until you are seen back in clinic.
- You may shower as needed after surgery but cover surgical dressings and splint with plastic bag to keep them dry. No immersion in water, i.e. bath. If splint becomes wet from the shower, please contact our office, 763-520-7870.

MEDICATIONS

- Local pain medications were used at the time of surgery. This will wear off in 8-12 hours. If a “nerve block” was given after surgery, this may last longer.
- Most patients will require narcotic pain medications for short period of time following surgery. Take per MD request.
- If pain meds are causing nausea and vomiting, contact the office (763-520-7870).

- Do not operate or drive machinery while taking narcotic meds.
- Ibuprofen can be taken between narcotic medication doses to help alleviate pain.

ACTIVITY

- Crutches or rollabout scooter are needed after surgery.
- Elevate the operative leg above your chest whenever possible to reduce swelling.
- Do not engage in activities that increase pain/swelling in your knee such as prolonged standing, walking, sitting without leg elevated.
- No driving until instructed by surgeon.

BRACE

- You will be fit and provided with a CAM boot at your first post operative appointment if you don't already have one.

ICE THERAPY

- Begin immediately after surgery
- Ice packs for 20 minutes per hour. Don't forget to elevate your toes above your nose.

POST-OP APPOINTMENTS

First post-op visit (7-10 days)

Your first post-op appointment is about 7-10 days from surgery. You will see the PA to review your surgery and have the sutures removed. CAM boot will be fit and provided in the clinic, if you don't already have one.

**subsequent visits will be monthly after the first post op appointment.

BLOD CLOT (DVT) PROPHYLAXIS

- Deep vein thrombosis (DVT) is a serious condition because blood clots in your veins can break loose, travel through your bloodstream and lodge in your lungs, blocking blood flow (pulmonary embolism or PE).
- **Symptoms:** Swelling in the affected leg. Rarely, there may be swelling in both legs. Pain in your leg. The pain often starts in your calf and can feel like cramping or a soreness.
- **Risk factors:** smoking, obesity, pregnancy, oral contraceptive use, prolonged sitting, and surgery
- To reduce this risk, we recommend taking 81 mg Aspirin twice daily, if 18 yrs or older.
- Self-care measures include: stop smoking, avoid sitting for long periods, and WALK.
- Deep vein thrombosis may sometimes occur without any noticeable symptoms.

ICE MACHINE



NICE1 COLD + COMPRESSION THERAPY



BREG® POLAR CARE WAVE



BREG® POLAR CARE CUBE™

Patients are not required to purchase any of these devices. They are only offered as a supplemental modality to help with pain control. Patients may use ice packs from home or any other cold therapy device.

Benefits

- Portable ice machines
- Reduces pain and swelling
- Gives constant cold therapy

Price

- Call for pricing

Contact

- Neu Medical – Nate Hammond PTA, CSCS
- NHammond@NeuMedicalDME.com
- 952.484.4527

NARCOTIC DISPOSAL

Why Your Should Dispose of Your Medications

- Children accidentally ingesting harmful medications.
- Use of medications for other reasons instead of their intended purpose.
- Use of expired medications which can cause illness or other harm.
- 33% of Americans report they have not cleaned out their medicine cabinets in more than a year.



Flush?

Proper disposal is important. Medicines flushed down the toilet contaminate water, harm wildlife and pollute drinking water. According to the Minnesota Pollution Control Agency, U.S. Food and Drug Administration and Drug Enforcement Administration, flushing medications down the toilet is not the best way to get rid of unused medications.

How You Should Dispose

1. Bring your medications to a local drug take-back location. (see list below).
2. The DEA has two National Drug Take Back Days every year across the U.S.
 - a. Go to the DEA, Diversion Control Division website for more information:
https://www.deaddiversion.usdoj.gov/drug_disposal/takeback/
3. Some drug take-back programs offer mail-back programs.
4. You should only flush medications if it's indicated by the medication instructions.
5. If you are unable to bring your medications to a drug take-back location, you can throw away medications by:
 - a. Mixing them with sawdust, kitty litter or coffee grounds.
 - b. Sealing the contents in a plastic bag.

LOCATIONS TO DISPOSE**Brooklyn Center**

Hennepin County District Court Brookdale
6125 Shingle Creek Pkwy, Brooklyn Center, MN
Hours:

- Mon-Thurs 9 AM - 9 PM
- Fri & Sat 9 AM - 5 PM
- Sun Noon - 5 PM

Brooklyn Park

Hennepin County Sheriff's Patrol Headquarters
9401 83rd Ave. N., Brooklyn Park, MN
Hours: Mon-Fri 8 AM - 4:30 PM

Edina

Hennepin County Library – Southdale
7001 York Ave. S., Edina, MN
Hours:

- Mon-Thurs 9 AM - 9 PM
- Fri & Sat 9 AM - 5 PM
- Sun Noon - 5 PM

Golden Valley

Golden Valley Police Department
7800 Golden Valley Rd, Golden Valley, MN
Hours: 24 hrs a day, 7 days a week

Maple Grove

Maple Grove Police Department
12800 Arbor Lakes Pkwy N, Maple Grove, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis

Hennepin County Public Safety Facility
401 4th Ave. S., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis Police Department

1st precinct
19 N 4th St., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis Police Department

4th precinct
1925 Plymouth Ave. N., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minnetonka

Hennepin County District Court Ridgedale
12601 Ridgedale Drive, Minnetonka, MN
Hours:

- Mon-Thurs 9 AM - 9 PM
- Fri & Sat 9 AM - 5 PM

Osseo

Osseo Police Department
415 Central Ave., Osseo, MN
Hours:

- Mon-Thurs 7:30 AM - 5 PM
- Fri 7:30 AM - 11:30 AM

Spring Park

Hennepin County Sheriff's Water Patrol
4141 Shoreline Drive, Spring Park, MN
Hours: Mon-Fri 8 AM - 4:30 PM

For more information visit hennepin.us/medicine
or call 612-348-3777.