

Achilles Tendon Repair Helpful Hints

Pre-Operative Instruction

- No food or drink after midnight before your surgery.
- If your surgery date is within seven days, stop taking all over-the-counter vitamins and supplements (fish oil, turmeric, etc.) as well as non-steroidal anti-inflammatory drugs, such as ibuprofen, Aleve, Advil, or Motrin.
- Before surgery, you will be offered a nerve block. This will help manage pain and reduce the need for narcotic medication.
- During the surgery, a numbing medication like Novocaine will be injected.
- This will help alleviate some pain for several hours afterward. It is important to take your pain medication before the numbing effect wears off.

Post-Operative Medications

- Normally, Percocet is taken every six hours; however, if the pain is severe, it can be used every four hours.
- Common side effects of Percocet include nausea, constipation, and itching. To help with nausea, it is recommended to take the medication with food. We strongly advise taking an over-the-counter stool softener, such as Colace, to prevent constipation. If you begin to experience itching while using the narcotic medication, we suggest taking Benadryl and calling our office for further guidance.
- As your pain subsides, you can transition to NSAIDs or Tylenol for pain relief. However, do not take Tylenol with Percocet, as each Percocet pill contains 325 mg of Tylenol.
- You will also be prescribed a 24-hour oral antibiotic. Please take the first dose around dinner after you return home from surgery, and make sure to take it with food.
- Lastly, you may need to take 325 mg of aspirin for six weeks following surgery. We will discuss this with you prior to the procedure.

Cast

- Following surgery, you will be placed into a cast for immobilization.
- You may shower three days following surgery, however your cast has to stay clean and dry. You can use plastic wrap or a shower sleeve when bathing.
- NO BATHS.
- Do not go into any pools lakes or oceans for six weeks following surgery.
- You will receive crutches prior to surgery if you don't already have them.
- You will be non-weight-bearing for around eight weeks.

THINGS TO WATCH OUT FOR

If you experience any of the following, please call our office at 315-329-2555

- Increased pain that worsens every hour, even with pain medication.
- Drainage from the wound lasting more than two days after surgery.
- Increasing redness around the surgical site.
- Rash or blistering around the surgical site.
- Excessive swelling around the surgical area.
- Fever higher than 101.5°F
- Inability to keep food or water down for more than one day.
- Excessive calf pain or cramping.