

Achilles Tendon Repair/ Reconstruction

What is an Achilles tendon repair or reconstruction?

If you have an acute rupture of the Achilles tendon, it is a repair of the tendon. If you have a degenerative process, it is a debridement of the tendon and excision of a bone spur (not everyone has one).

*Following an Achilles tendon repair or reconstruction procedure:

Doctor's Orders:

*Strict **NON** weight bearing (meaning do NOT place foot down on the ground) for 6 weeks in a non removable fiberglass cast. This may mean you have to hop on your other foot.

*Then weight bearing as tolerated for additional 4-8 weeks in a cam walker boot.

*If you are diabetic these time frames will be increased.

*Keep foot elevated above heart level to reduce swelling for the first 2-3 weeks or as long as it takes for you.

Minimal activity.

*You will need the assistance of crutches, a walker, a roll-a-bout, and/or wheelchair during the NON weight bearing weeks.

*Do not immerse operated foot/ ankle in water

*DO NOT GET CAST WET! If cast gets wet, call the clinic ASAP. Go to ER if on weekend.

*Do not place any items down into the cast for any reason; please call the nurse for advice.

*Keep cast/ cam walker boot clean and dry.

*You will need to plan for clothing to fit over the cast or cam walker boot.

*You need to practice non-weight bearing activity prior to surgery, to verify that you are able.

*You may not drive for 6 to 10 weeks post-op, maybe longer if complications or other procedures are included in your surgery not noted above.

Usual post-op procedure:

*You will be placed in splint at the surgery center or hospital.

*You will leave the surgery center or hospital with a prescription for pain medicine and anti-nausea medicine.

*There will be continued bleeding for several hours after surgery, the blood may be visible through the splint/ dressing; this is expected. Should the bleeding be such that it is leaking or dripping from the splint/ dressing, please contact the office for advice and an appointment.

*First post-op visit is 2-3 weeks from surgery date, this is both a wound check/ suture removal and to place you in the first non removable fiberglass cast.

*You will have residual swelling; this should resolve over a 4-6 month period from your surgery date.

Some Potential Complications:

*Infection of incision site.

*Excessive activity may cause increased pain and swelling; which can lead to other complications.

*Repeat surgical procedure.

*Tobacco use increases the risk of complications and inhibits healing.

*Certain medical conditions increase the risk of complications and inhibit healing.

*Numbness or nerve pain around incision site.

If you have any questions please do not hesitate to call our office.

I have read and understand the above surgical protocol. All questions were answered in a language I understood.

Signature of Patient or Authorized Signature for Patient

Date

If you have any concerns or questions, please call 635-3052 to speak to my office for directions on how to proceed.