

## Achilles Tendon Repair

After the procedure, surgery bandages will be wrapped around your leg from the toes of your foot to just below the knee of your surgery leg. You will also have a hard splint from just under your toes extending along the back of your leg.

This hard splint is called a “posterior mold” and is designed to give your ankle support, and to keep your foot and ankle in good alignment for healing after surgery. The foot is maintained with “plantar flexion” which is the movement of the foot and toes downward toward the sole of the foot, as if pointing with your toes. This position is necessary to keep tension off the surgical repair of your Achilles tendon.

**Non-Weight Bearing** is ordered, which means what it says; no weight at all on the surgery leg, in which case you use crutches when moving around. When moving you are encouraged to vary your activities; walk for a while, sit for a while, rest in bed for a while, etc.

**Remember to follow your Doctor/Surgeon’s directions about your weight bearing status after surgery; your weight bearing status may change as time goes by after your procedure**

Swelling of the operative leg/area; Some individuals experience swelling of the operative leg/area. This is very individualized; some patients experience more swelling, some less. If you are experiencing swelling such that you are very uncomfortable, go lay down in bed and elevate your surgery leg on pillows and apply your ice pack. Elevating the surgery area above the level of your heart with help to decrease the swelling and the ice helps with pain control.

You may have a cooler type of ice machine prescribed for you after surgery, an ice sleeve, an ice pack, or simply a bag of ice cubes; any cold therapy is helpful to control pain and swelling of the surgery area

Icing is best used every 2 hours, for 20 minutes at a time

Ice packs may be used over the surgery bandage; the cold will penetrate the layers of bandages and help with pain management. You may also place the ice pack behind your knee to cool your leg, but remember to protect your skin from the cold therapy.

Be careful to protect your skin from any of the cold therapy methods; immediately after surgery, the bandages will protect your skin; once the bandages are removed, you may continue to use the cold therapy, but you must protect your skin from the cold, for instance, with a small towel; skin which is unprotected from the cold therapy is at risk for frost bite

Your bandages stay in place until your first office visit after surgery. You **MUST** keep your bandages clean and dry after surgery. Bandages that become wet and are left next to the skin can cause your skin to break down, and this may begin a series of post-operative complications.

Your Doctor/Surgeon will remove your surgery bandages and evaluate the healing of your incision. During this visit he will decide whether placing you into another splint, or cast, or walker boot is appropriate. During the healing process you will gently and gradually begin to move your ankle to a normal or neutral position.