

Dr. Toufic Jildeh - Achilles Repair Post-operative Recommendations

Non- weight bearing right lower extremity with crutches

Keep splint clean, dry, and intact at all times

Dressings stay on: It should remain on to allow for the wounds to be protected until clinic visit. .

Keep wounds dry until follow-up: Once the dressings are removed, keeping the wound dry is important.

Identifying redness or drainage is the purpose of removing the dressing prior to follow-up. This does not mean that you should be allowing the wound to get damp.

No submerging the wounds in water for 6 weeks. This includes bathing, Jacuzzi, whirlpool, or sauna use. The water involved in these activities can encourage an infection to occur.

Icing is recommended for the first 2 weeks post-op. This can be performed at a twenty minutes on-twenty minutes off-cycle. There must always be some form of protection between the ice and the skin.

Elevating the ankle above heart level at times of rest is recommended to relieve swelling

Fevers over 102 F, chills, and night sweats should be reported to the doctor. Difficulty breathing, chest pain, or new onset calf pain should be reported to the doctor.

Ambulation per the above protocol is important to prevent the development of blood clots in the lower legs. Resting in bed and not moving for days after surgery is not recommended

Driving is not allowed until the patient is off crutches

Flying immediately post-operatively is not allowed and should be discussed with the surgeon

Pain medicines will be prescribed post-operatively. Typically Norco or percocet can be used 1-2 pills every 4 hours as needed. Narcotic pain medications should be weaned off per the Surgeon depending on the procedure performed

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