ORTHOPAEDIC SPECIALISTS OF MASSACHUSETTS

Post-Operative Instructions – Achilles Tendon Repair

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Pain Medication

- Take medication as directed. DO NOT wait until pain is severe.
- 1000 mg Tylenol (max 3000 mg/day).
- May add 400–800 mg Ibuprofen if no contraindication.
- If needed, 5 mg oxycodone every 4–6 hours (5–10 mg per dose). Limit use.

Weight-Bearing & Splint Care

- Non-weight-bearing on the operative leg — use crutches or a knee scooter at all times.
- Do NOT remove, adjust, or get the splint wet.
- Keep the splint as dry as possible. When showering, cover the splint completely with a plastic bag, taped or sealed at the top, to keep it dry.
- If the splint does get wet, use a hairdryer on a cool/low setting to dry it thoroughly — do not use a warm or hot setting.
- Do not bear weight on the leg or splint for any reason until cleared at your follow-up visit.

Elevation & Swelling Prevention

- Elevate the operative leg as much as possible, ideally above the level of the heart, especially for the first 48–72 hours.
- Ice around (not directly on) the splint for the first 3–5 days to help control swelling, 20–30 minutes at a time.
- Wiggle your toes frequently and pump your ankle within the splint if able, to promote circulation.
- Avoid prolonged sitting or standing with the leg down.

Wound Care

- Leave the original dressing under the splint undisturbed until your first postoperative visit.
- Do not attempt to change the dressing yourself unless instructed.
- Do not submerge the leg or splint in a bath, pool, or tub.

Expected Symptoms

- Pain, swelling, and bruising are normal, and bruising may extend into the foot and toes.
- Mild drainage on the dressing for the first 3–4 days can be normal.
- A low-grade temperature in the first 1–3 days is common.

When to Call the Office

- Fever greater than 101°F that persists.
- Excessive or foul-smelling drainage, or drainage that increases after 48 hours.
- Pain that is not controlled with medication, or that suddenly worsens.
- Numbness, tingling, or toes that appear pale, blue, or cold.
- Calf swelling, redness, or warmth in the OTHER leg, or any chest pain or shortness of breath — call immediately or go to the nearest emergency room.

Call 781-769-6720 for excessive drainage after 48 hrs, increasing pain, fever >101°F, or concerns.