



ADVANTAGE ORTHOPAEDICS, P.C.

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POST-OPERATIVE INSTRUCTIONS

ACHILLES TENDON REPAIR

1. Keep foot elevated for the first 3-4 days.
2. Use crutches for walking. Do not put any weight on the operated leg.
3. You may shower on post-operative day #2. Keep the splint and foot dry by covering with a plastic bag or plastic wrap.
4. Please schedule a follow-up appointment for suture removal, 10- 14 days post-operatively.
5. If you develop a fever (101.5), redness or drainage from the surgical incision site or cast/splint, please call our office to arrange for an evaluation.
6. Enclosed are two prescriptions for you to use post-operatively. Naprosyn or Vioxx, anti-inflammatory medications, are to be used twice a day with breakfast and dinner, for the first ten days after surgery. Vicodin, a narcotic, is to be used on an "as needed" basis for pain in addition to the Naprosyn or Vioxx.

If you have any questions, please feel free to call our office.

If you have any difficulty using an anti-inflammatory medications or aspirin, or have a history of ulcer disease, you will only use the Vicodin post-operatively.

If you find that the Naprosyn or Vioxx is upsetting your stomach, please call our office to review the medications.