



**STERLING RIDGE
ORTHOPAEDICS
& SPORTS MEDICINE**

Paul C. Chin, MD, PhD
20639 Kuykendahl Road, Suite 200
Spring, TX 77379
Office: 832-698-0111
Fax: 832-698-0150

Post-Operative Instructions – Achilles Tendon Repair

1. Leave dressing on until you return to clinic.
2. Walk with crutches at all times. You may NOT place any weight on the operative side.
3. You will be placed into a splint after surgery and return to clinic to get the splint removed and stitches removed and at that time you will be placed in a boot in 10-14 days.
4. **Begin anticoagulation regimen:** Aspirin 325 mg once per day x 4 weeks. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please alert us.
5. Use the cryocuff or ice packs as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help you control swelling.
6. You may shower on post-op day #3, but DO NOT GET THE SPLINT WET. If possible try using a chair to sit as it will be difficult to balance.
7. Do not soak the leg in water or go swimming (pool or ocean) until your incisions are healed.
8. Driving:
 - a. If surgery was on your right ankle, driving is not permitted until after you are released from crutches by Dr. Chin.
 - b. If surgery was on your left ankle, driving is not permitted before post-op day #5, and then only if you have stopped taking pain medicine and feel you can drive safely.
9. Discontinue pain meds when able.
10. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.

Whenever you can, keep the leg elevated to relieve the swelling, when sitting keep foot propped up with pillows and above your heart when possible, also sleep with ankle propped up. Trying to move toes when you can which will also help with swelling.

If you have any questions, please call our office.