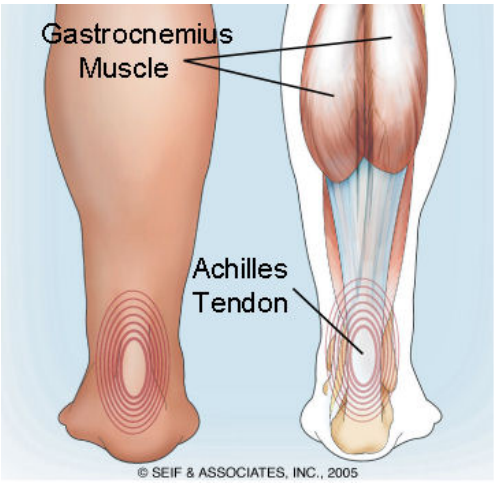
Achilles Tendon Repair, Care After Surgery

AFTER SURGERY



- You will be taken to the recovery area where a nurse will watch and check your progress. Once you are awake, stable, and taking fluids well, if there are no other problems, you will be allowed to go home.
- If this was done as a same day surgery, make sure to have a responsible adult with you for the first 24 hours following your surgery.
- **Do not** drink alcohol, drive a car, use public transportation, or sign important papers for at least one day after surgery.
- **Do not** resume physical activities until directed by your caregiver and surgeon.
- Apply ice to the operative site for 10-20 minutes, 3-4 times per day for the first 2-3 days, or as directed. Put the ice in a plastic bag and place a towel between the bag of ice and your skin, splint or cast.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- You may resume your normal diet as directed.
- Change your dressings as directed.
- Use crutches and move about only as instructed.
- Keep leg raised above the level of the heart (the center of the chest) at all times when not using the bathroom, etc. **Do not** dangle the leg over a chair, couch or bed. When lying down, raise your leg on a couple of pillows. Keeping your leg up this way prevents swelling and reduces pain.
- Avoid use of you leg other than gentle range of motion with your toes.

SEEK MEDICAL CARE IF:

- There is redness, swelling, or increasing pain in the wound.
- There is pus coming from the wound.
- There is drainage from a wound lasting longer than one day.
- An unexplained oral temperature above 100º F (37.8º C) develops.
- You notice a bad smell coming from the wound or dressing.
- The wound edges break apart after sutures or staples have been removed.
- You develop continuing nausea or vomiting.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your pain and swelling increase or pain is uncontrolled with medicine.
- You develop new, unexplained symptoms.
- You have trouble moving or cannot move your toes or foot, or develop warmth and swelling in your foot, or begin running an unexplained temperature.
- You develop a rash.
- You have a hard time breathing.
- You develop or feel you are developing any reaction or side effects to the medicines given.

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