



## Post-Operative Instructions – Achilles Tendon Repair

### Diet

- Begin with clear liquids and light foods (jello, soup, etc.).
- Progress to your normal diet if you are not nauseated.

### Wound Care

- Keep surgical incisions **clean and dry** to prevent infection.
- You may shower starting **the day after surgery** by placing a large garbage bag over your splint.
- **Do NOT immerse** the operative leg in water (no baths, hot tubs, pools).

### Medications

- Local pain medication from surgery wears off in **8–12 hours**.
- Narcotic pain medication may be needed for a short time; take as directed.
- Common side effects: nausea, drowsiness, constipation.
  - Take with food.
  - Use an over-the-counter laxative if constipation occurs.
- **Do not drive or operate machinery** while taking narcotics.
- Ibuprofen 200–400 mg (Advil) may be taken between narcotic doses to:
- Smooth out pain “peaks and valleys”
- Reduce total narcotic use
- Increase time between narcotic doses

### Activity

- Elevate the operative leg to **chest level** whenever possible to reduce swelling.

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- Use crutches for walking; use a heel-toe pattern but **do NOT bear weight** on the operative leg unless your physician instructs otherwise.
- Avoid activities that increase pain or swelling (prolonged standing or walking) for **7–10 days**.
- Avoid long sitting without elevation and avoid long-distance travel for **2 weeks**.
- **No driving** until cleared by your physician.
- You may return to **sedentary work or school** in 3–4 days if pain is tolerable.

#### Ice Therapy

- Begin immediately after surgery.
- Use icing machine continuously **or** ice packs every 2 hours for **20 minutes**.
- Keep the leg elevated to chest level while icing.

#### Exercise

- **Do NOT perform any exercises or motion** until your physician instructs you after the first post-op visit.
- Formal physical therapy typically begins **10–14 days** after surgery with a prescription provided at your first post-op appointment.

#### Emergencies

Contact the office if you experience:

- Painful swelling or numbness
- Unrelenting pain
- Fever over **101°F** or chills
- Redness around incisions
- Continuous drainage or bleeding (small amount is normal)
- Color changes in the foot or leg

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- Difficulty breathing
- Excessive nausea or vomiting

**After hours/weekends:** Call the office to reach the on-call provider.

**Immediate emergencies:** Go to the nearest emergency room.

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