

***Newton-Wellesley Sports Medicine***  
978 Worcester Street  
Wellesley, MA 02482  
Phone: 617-643-0907  
Fax: 617-219-1281

***MGH Sports Medicine***  
175 Cambridge Street, 4<sup>th</sup> Fl  
Boston, MA 02114  
Phone: 617-726-7500  
Fax: 617- 219-1281

**Achilles Repair POST-OP INSTRUCTIONS**

1. You had surgery to repair the Achilles tendon in your ankle.
2. You may shower in 72 hours. Do not get the cast wet – please keep covered.
3. Expect some swelling, discomfort, and ecchymosis (bruising). This is normal. The swelling can last from several days to several weeks depending on the type of surgery you had. Ways to lessen the amount of pain and swelling: **Rest.**  
Use **ice** for the first 24-48 hours - apply 20-30 minutes every 2 hours along the sides of the ankle– it will come thru the soft cast.  
**Elevate the limb** above the level of the heart. (Make sure when you are laying down that you are on your back and your leg is elevated above your heart)
4. Medications prescribed:
  - ☐ **oxycodone** for pain: one to two pills (5-10mg) every 4 hours as needed for pain
  - ☐ **Toradol** (ketorolac) anti-inflammatory: one pill (10mg) every 6 hours for pain and swelling as needed
  - ☐ **ASA** (blood thinner), 1 tab (81mg) once per day for 6 weeks – this will keep the chances for blood clots to a minimum **\*\*This is very important\*\***
  - ☐ **Colace** (stool softener) 1 tab twice per day while on narcotic pain meds
  - ☐ **Zofran** for nausea – take one pill every 8 hours as needed for nausea
5. Other medications you may take for breakthrough pain after you have completed the medications above:
  - ☐ Tylenol 500mg (extra strength) two tablets every 6-8 hours
  - ☐ Advil (ibuprofen) 200mg take 2 tabs every 8 hours for pain/inflammation – do not take with toradol(ketorolac) as these work in the same way.
6. The pain medication may cause constipation. You were also prescribed **Colace**, which should help with this. Drink plenty of fluids. If you do not have a bowel movement within 5 days then drink ½ a bottle of magnesium citrate, which is sold over-the-counter at your local pharmacy.
7. Sleeping is difficult for the first few weeks. Pain tends to increase at night, this is normal.
8. Notify the office if you develop fever > 101° F, with unusual increase pain, redness, and warmth. Report any pus or unusual drainage to our office immediately.
9. Crutch instructions:
  - ☐ Use crutches and keep weight off leg (non-weight bearing) for \_\_\_\_\_ weeks.
10. Your follow up appointment date and time are: Date: \_\_\_\_\_ @ \_\_\_\_\_ am/pm

**If you cannot make this, please call 617-642- 0907 to reschedule your post op office visit for 10 – 14 days from the date of surgery.**