

**Jeffrey B. Witty, M.D.**  
North Oaks Orthopaedic Specialty Center  
Hammond, LA 70403  
Day phone: (985) 230 – 2663  
After hours number: (985) 345 - 2700  
Fax: (985) 230 – 2665  
Website: drjeffreywitty.com



## **Achilles Tendon Repair Postoperative Instructions:**

### **Important Phone Numbers:**

- Please see the contact information above for important phone numbers to call.
- If you have concerns after hours, please call the “After hours number” to reach our on-call services.

### **Physician Followup:**

- Appointments for post surgery followup can be made one of two ways.
  - o Either call the day phone number above to make an appointment with the doctor yourself.
  - o The nursing staff at our facility can make the appointment for you
  - o The time to your first followup will be confirmed prior to leaving for the day.
  - o Follow up with Dr. Witty is about 10 - 14 days after surgery.

### **Precautions/Weightbearing:**

- Do not place any weight through your foot to protect the repair
- Use crutches to keep weight off your foot

### **Splint:**

- After surgery and until your first clinic visit, you will be in a splint to protect the repair
- The splint is made of a slab of fiberglass and is abundantly padded with cotton wrap. It is overwrapped with an “ACE” type of bandage
- Please keep this splint clean and dry at all times

### **Recovery at Home:**

- If you are discharged the day of surgery, the first meal at home should be clear liquids. Slowly increase to other easily tolerated meals (ex. Soup) to prevent any nausea. Taking your pain medication with some food may help.

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- Keep your ankle propped up at the level of your heart as much as possible to minimize any postoperative swelling and pain

**Ice:**

- Ice will be most helpful after the initial splint is removed and you are placed into a special boot. Until that time, the initial splint is typically too padded to feel the cold from any ice, but you can try. The splint is made that way to adequately protect the repair. Place a small towel between any ice pack to avoid condensation getting the splint wet.

**Wound Care and Dressing Change:**

- Do NOT remove the splint under any circumstances
- You will not need to change any dressings while your ankle is in the splint

**Shower / Bathing:**

- Keep the splint dry at all times
- Shower or bathing is ok as long as the splint is protected to stay completely dry. Avoid long baths or showers.

**Physical Therapy:**

- Depending on your particular case, you may not start formal therapy until 2 – 6 weeks.

**Medications:**

- Depending on various factors, you may be given medication to help prevent blood clots. Take this medication as instructed.