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## **Instruction Sheet following Achilles Tendon Repair**

### **Splint and Dressings:**

The post operative splint and dressings placed on you immediately after your surgery must stay on at all times and should be kept clean, dry, and in place. You should cover it when bathing to keep it dry. Use CAUTION when showering so as not to slip and fall. Minimize use of the leg and NEVER bear weight on or lift with the leg that was operated on at any point before your first post-operative visit. Use crutches or a knee scooter/walker for comfort and ambulation.

### **Ice and Elevation:**

Keep the leg elevated as much as possible above the level of the heart to minimize swelling and decrease discomfort. You can do this by using pillows and leg rests. It is normal to have some swelling of the toes and lower leg, even with adequate elevation. You may ice the toes/lower leg over your dressings as much as desired for 20 minutes at a time with 20 minutes of rest between icing. You may repeat this cycle as much as you'd like. Know that icing still has a cooling effect even if you don't feel it through your dressings or splint. This will minimize swelling.

### **Follow-up visit:**

You need to see the doctor 11-14 days following surgery for your first post-op visit. At that time, your post-operative splint and dressings will be taken off and your sutures (stitches) will be removed at that time. Call the office to arrange this appointment if it hasn't already been made.

### **Common Concerns:**

1. Bruising and/or swelling of toes, ankle, or lower leg will continue to develop and may change patterns as time goes on. This is caused by bleeding from the torn tendon into the area below the skin; gravity pulls the bruising downward into the toes. Do not be alarmed by this swelling and/or bruising anywhere along the lower leg.



2. Numbness or tingling of the lower leg is a result of disruption of superficial skin nerves during the procedure, or irritation to these nerves due to swelling. Most of this will resolve over time.
3. A sudden rush or feeling of fullness with pain when going from sitting to standing of the lower leg is common after surgery.

**Please call immediately if:**

1. If at any time you have discomfort, hardness, swelling, or redness in the calf (behind the leg between the knee and the ankle) please call the doctor immediately.
2. Any oozing or redness of the wound, fevers (>101.3 degrees F), or chills.
3. Any difficulty breathing or heaviness in the chest.

**REMEMBER - these are only guidelines for what to expect following an achilles tendon repair. If you have any questions or concerns please do not hesitate to call the office.**