**ERIC TANNENBAUM, MD**
Southern Indiana Orthopedics

4665 N US Highway 31, Columbus, IN 47201
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Appointments (812) 376-9353

POST-OPERATIVE INSTRUCTIONS

# Achilles Tendon Repair

Post-Op Instructions

## Splint Care

Keep your splint in place until your post-op clinic visit. It will be removed at your first clinic visit.

## Activity

1. **Weightbearing:** non-weightbearing on the operated leg, using crutches.
2. Use a pillow to elevate your leg above the level of your heart when sitting or lying down.
3. Avoid exercising or strenuous activities until you are seen in clinic for your follow-up appointment.

## Discharge Medications

1. **Stool softener** such as Colace (docusate sodium) or Senokot-S, 2 tablets once a day while taking narcotics. These do not require a prescription.
2. **Prescription pain medication:** 1 to 2 tablets every 4 to 6 hours as needed for pain. Do not exceed 12 tablets per day. Taper off as your pain decreases.
3. You may switch to **acetaminophen (Tylenol)** once you no longer need prescription-strength pain medication (e.g. Norco). Take 1000 mg three times a day (do not exceed 3000 mg in 24 hours).
4. Check your discharge package and prescriptions to see if any other medications were prescribed for you.

## Diet

If you have no nausea, start with clear liquids, then progress to solid foods once clear liquids are tolerated. No alcoholic beverages for at least 48 hours or while taking pain medication. Drink plenty of fluids and eat high-fiber foods to prevent constipation while taking prescription pain medication.

## Follow-Up

You will follow up in **two weeks** with Megan Vanderbur, PA-C, for your first post-op check. If you have questions, please call our office at **(812) 376-9353**.

### When to Call — Emergency

Call or return for any of the following:

- Fever greater than 101°F, or a sustained fever greater than 100.5°F that has not resolved within 3–4 days after surgery
- Chills
- Increasing pain, swelling or redness
- Calf pain
- Drainage, especially if yellow, green or foul-smelling
- Excessive bleeding
- Chest pain or shortness of breath

**SIO phone: (812) 376-9353**

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These instructions are general guidelines from Dr. Tannenbaum's office. Always follow any specific instructions given to you by Dr. Tannenbaum or his team. Questions? Call Southern Indiana Orthopedics at (812) 376-9353.