

Hasani Swindell, M.D.

Sports Medicine
Shoulder, Elbow & Knee Arthroscopy
Shoulder Replacement Surgery
T: 718.246.8700
F: 718.246.8701

**DISCHARGE INSTRUCTIONS AND PHYSICAL THERAPY PROTOCOL:
Achilles Tendon Repair**

Recovery after Achilles tendon surgery entails healing, controlling swelling and discomfort, and allowing time for healing of the skin and soft tissues. The following instructions are intended as a guide to help you achieve these goals and recovery as quickly as possible after your surgery.

DIET

- ◇ Your first few meals after surgery should include light, easily digestible foods and plenty of liquids, since some people experience nausea as a temporary reaction to anesthesia
- ◇ Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain the operative leg in the splint. Keep the splint clean, dry and intact.
- When showering/bathing, you can wrap the splint with a bag to keep dry. If this is not possible, sponge bathing around the operative leg is an option
- Wait until your first post operative appointment in 10-14 days to have Dr. Swindell's team remove the splint, surgical dressing and underlying sutures.
- Once the sutures are removed at your first postoperative appointment, you can begin to get the incision wet in the shower (water and soap lightly run over the incision and pat dry) 3 days after suture removal. NO immersion in a bath until given approval by our office.

MEDICATIONS

- ◇ Local anesthetics are injected into the wound and knee joint at the time of surgery. This will wear off within 8-12 hours and it is not uncommon for patients to encounter more pain on the first or second day after surgery when swelling peaks.
- ◇ Most patients will require some narcotic pain medication for SEVERE pain for a short period of time – this can be taken as per directions on the bottle.
- ◇ Common side effects of the pain medication are nausea, drowsiness, and constipation. To decrease the side effects take the medication with food. If constipation occurs, consider taking an over the counter laxative.
- ◇ If you are having problems with nausea and vomiting, contact the office to possibly have your medications changed.
- ◇ Do not drive a car or operate machinery while taking the narcotic medication.
- ◇ Please avoid alcohol use while taking narcotic pain medication

Hasani Swindell, M.D.

Sports Medicine
Shoulder, Elbow & Knee Arthroscopy
Shoulder Replacement Surgery

T: 718.246.8700

F: 718.246.8701

- ◇ You will be given Tylenol and an anti-inflammatory to for mild to moderate pain. This will help to decrease pain and decrease the amount of narcotic medication required. Please take as directed on the bottle.
- ◇ For 4 weeks following surgery take one aspirin 81mg tablet twice daily to lower the risk of developing a blood clot after surgery. Please contact the office should severe calf pain occur or significant swelling of the calf or ankle occur

ACTIVITY

- ◇ Elevate the operative leg to chest level whenever possible to decrease swelling.
- ◇ Do not place pillows directly under the heel or the achilles to reduce the risk of any pressure sores. Place pillows under the calf instead
- ◇ Use crutches to assist with walking, but do NOT bear any weight on your operative leg until instructed to do so by your physician
 - If you have a knee scooter, you may use this to assist with walking/ambulating
- ◇ Do not engage in activities which increase pain /swelling (prolonged periods of standing or walking) for the first 7-10 days following surgery
- ◇ Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks.
- ◇ NO driving until instructed otherwise by physician.
- ◇ May return to sedentary work ONLY or school 3-5 days after surgery, if pain is tolerable.

EXERCISE

- ◇ Formal physical therapy (PT) will begin after your first post-operative visit and following suture removal

EMERGENCIES

- ◇ Contact Dr. Swindell's team at 718-246-8700 if any of the following are present:
 - Painful swelling or numbness (note that some swelling and numbness is normal).
 - Unrelenting pain.
 - Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills.
 - Redness around incisions.
 - Color change in foot or ankle.
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected).
 - Difficulty breathing
 - Excessive nausea /vomiting.
 - Calf pain

Hasani Swindell, M.D.

Sports Medicine
Shoulder, Elbow & Knee Arthroscopy
Shoulder Replacement Surgery

T: 718.246.8700

F: 718.246.8701

- If you have an emergency after office hours or on the weekend, contact the office at 718-246-8700 and you will be connected to our answering service.
 - If you are enrolled in Epic Connect, you can also reach the office through the patient portal
- If you have an emergency that requires immediate attention proceed to the nearest emergency room.

FOLLOW-UP CARE /QUESTIONS

- ◇ If you do not already have a post-operative appointment scheduled, please contact our scheduler at 718-246-8700 schedule.
- ◇ Typically the first post-operative appointment following surgery is 10-14 days following surgery.
- ◇ At your first post operative appointment, you will have a wound check, go over physical therapy protocols and we will answer any questions you may have about the procedure.