

ACHILLES RUPTURE REPAIR: 1ST POST-OP

- (1) You may shower tonight, letting soapy water run over your incision(s) and patting them dry with a towel. You should avoid submerging the leg (bath, pool, hot tub, etc.) for at least one week.
- (2) You will begin progressive weightbearing in the boot and continue this until your next follow-up. Please refer to the separate handout.
- (3) You were given heel lifts to be used in the boot. The heel lifts are in place to reduce strain on the Achilles tendon. You should remove a heel cup every 10-14 days. The goal is to be neutral in the boot at the 6-week post-op mark.
- (4) Use an ace bandage or a thick sock to prevent the boot from rubbing on the incision(s).
- (5) You will start doing exercises for the ankle to maximize your post-op flexibility. You will do the following exercises twice daily, once in the morning and once in the evening
 - You should work on 3 sets of 15 reps of inversion (in), eversion (out), plantarflexion (down), and dorsiflexion (up) to neutral.
- (6) Formal physical therapy will begin at 6 weeks post-op. A referral will be provided today following the Accelerated Protocol.
- (7) You will continue to ice and elevate the leg as much as possible. Elevating the leg above the level of the heart will reduce the amount of time required to bring down the swelling.
- (8) If there is appropriate healing, you will begin transitioning out of the boot at 8 weeks post-op.
- (9) I would like to see you back in **4 weeks** for your next follow-up appointment.