

PERONEAL TENDON 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 may begin progressive weightbearing in the walking boot. Please refer to the separate handout.
- (3) Use an ace bandage or a thick sock to prevent the boot from rubbing on the incision(s).
- (4) You should come out of the walking boot/brace and perform exercises to maximize your post-op ankle flexibility. You should perform the following exercises twice per day, once in the morning and once in the evening:
 - You should work on 3 sets of 15 reps of dorsiflexion (up), eversion (out) but avoid plantarflexion (down) and inversion (in) for now.
 - Stretch the Achilles by placing a towel across the ball of your foot and pulling up. Hold each stretch for a five-count and do five repetitions.
 - Plantarflexion (down) and inversion (in) may begin at 4 weeks post-op.
- (5) You should continue taking the blood clot prevention medication (aspirin or equivalent) as prescribed until you are at least 4 weeks post-op.
- (6) Physical therapy may begin at 4 weeks post-op. A referral will be provided today.
- (7) I would like to see you back in **4 weeks** for a follow-up appointment.