

OUTPATIENT DISCHARGE INSTRUCTIONS
Orthopaedic Specialty Institute
Michael F Shepard M.D.
Achilles Tendon Repair

1. **Day of surgery: Instructions Immediate Post-Op**
 - A. **Diet: as tolerated**
 - B. **Keep ankle elevated above heart as much as possible. Stay off of your leg as much as possible – it is critical for skin healing.**
 - C. **Pain medication as needed every 4 - 6 hours.**
 - D. **Use your crutches for ambulation. You may not place any weight on your operative leg.**
 - E. **You will need to keep your op site(s) dry when taking a shower. You can cover your splint with plastic wrap or a Ziploc type bag.**

2. **Post-Operative Day until Return Visit**
 - A. **Ice pack as needed.**
 - B. **Continue daily shower routine.**
 - C. **You must remain nonweightbearing. You can not put any weight on the foot of the affected leg.**
 - D. **If there is no brace on your leg, you may bend the knee as tolerated.**
 - E. **Keep your foot elevated above your heart > 90% of the time.**

For Return Appointments

3. **Your post-op appointment will be 7-10 days after your surgery. This appointment needs to be scheduled by calling our office at (714) 634-4567. If you have any problems or questions, call our office at (714) 634-4567 during offices hours 8:00-5:00. If you have a problem after hours call (714) 634-4567 and the answering service will contact Dr. Shepard.**

4. **Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while you are taking pain medications, which includes operating machinery and/or driving a vehicle.**