Patient Name: [Patient First and Last Name]

Date of Birth: [DOB]

Date of Surgery: [Date]

Surgeon: [Surgeon Name]

Discharge Instructions: Achilles Tendon Repair Recovery

1. Weight Bearing Status

You are currently **NON-WEIGHT BEARING** on the operative leg. Do not put any weight on your foot. Use crutches, a knee scooter, or a walker at all times.

2. Splint and Wound Care

- Keep your splint/cast clean and dry.
- Do not remove the splint or bandage until your follow-up appointment.
- When showering, cover the splint with a waterproof bag or plastic wrap to prevent it from getting wet.

3. Pain and Swelling Management

- **Elevation:** Keep your leg elevated above the level of your heart for the first 48-72 hours to reduce swelling.
- **Ice:** Apply ice packs behind the knee for 20 minutes every 2 hours while awake. Do not get the splint wet.
- **Medication:** Take prescribed pain medication as directed. Do not drink alcohol or drive while taking narcotic pain relief.

4. Exercises

- Wiggle your toes frequently to maintain circulation.
- Perform upper body and hip exercises as tolerated, but do not move the ankle.

5. Warning Signs

Contact the doctor immediately or go to the Emergency Room if you experience:

- Fever above 101.5F (38.6C).
- Sudden, severe shortness of breath or chest pain.
- Excessive swelling or numbness in the toes.

- Pain in the calf of the operative leg.
- Severe pain that is not relieved by medication and elevation.

6. Follow-up Appointment

Date: [Date of Appointment]

Time: [Time]

Location: [Clinic Address/Office]

Physician Signature: _____