

BLUE RIDGE BONE & JOINT CLINIC, P.A.

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Patient Name:
SharedID:
DOB:
Date:

Achilles Rupture Repair Protocol Post Operative Planned Schedule:

Day of Surgery:

Rest after arriving home, keep your leg elevated as much as possible
Touchdown weight bearing which means you must use crutches or a walker to assist you at all times keeping as much weight off of the leg as possible

1 Week Visit:

Splint removed, continue touchdown weight bearing in a boot
At two weeks begin 50%WB and physical therapy with two heel wedges

3-4 Week Visit:

Sutures out, at four weeks post op drop to one heel wedge
Follow physical therapy protocol as directed

6 Week Visit:

Possibly increase weight bearing as tolerated in boot, if you have diabetes, or other medical conditions, may continue touchdown weight
Still elevate intermittently, expect swelling regularly, and use ice prn
8-10 weeks post op begin to wean towards regular footwear with no heel wedge

12 Week Visit:

Hopefully transitioned into regular footwear, DC formal therapy and continue at home exercise program. Increase activities as tolerated.

5-6 Month Visit- Final:

Return to see Dr. Mangone for the final visit if needed. Discuss any problems, concerns, or questions at that time. Will be discharged from BRBJ care at this visit if no problems or concerns arise. After this surgery it may take you up to a full year to return to all activities, and have swelling and discomfort go down.

Extra Instructions:

It is normal to have some drainage/bleeding on or through the bandage; pain is also to be expected. If you get a fever or red streaks up your leg call immediately.
You will initially be in a splint made of plaster, padding, and an ACE wrap following the surgery. Do not remove this. If gets wet call our office.
Showering: Only once in a removable boot, sitting, after approved. When in the splint or cast must keep dry, cover with a bag or sponge bath.

Drive a car: (if R foot or manual transmission) Only when back to a normal shoe and you feel strong enough. If left foot wait at least a few weeks post op.

Understand that your operative ankle may not look exactly like your other foot and will be different after the surgery, possibly having soreness or some swelling

You may not be able to wear a normal shoe on a regular basis for up to three to five months due to residual swelling of the foot.

You must follow these instructions to ensure proper healing and to reduce your risk of non-union or other problems.

I understand the post-operative plan and the risks of surgery. I will be compliant with these restrictions and work with Dr. Mangone's advice throughout my medical care.

Signed:_____.

Date:_____.