

# Dr Ball Achilles Repair

## What to Expect/Activity

- It is normal to have some discomfort in your leg for several days.
- For the next 48 hours use ice packs around your leg, 20-30 minutes per hour while you are awake.
- Elevate your surgical leg by placing one or two pillows underneath your calf, NOT your knee, to help reduce swelling.
- You are non-weight bearing to your operative leg. Use crutches for ambulation.
- We encourage ankle pumps with your non operative leg (like pressing a gas pedal) and range of motion to promote circulation.

## Dressing/Wound Care/Bathing

- Do not remove your splint.
- Do not get your splint wet. Cover with cast cover or trash bag when showering.
- No baths, swimming or submerging until cleared by Dr Ball.

## Pain Management/Medications

- You may resume your usual medications.
- You have been provided a prescription for narcotic pain medication. This is to be used only as needed for breakthrough pain that is not controlled with over-the-counter pain medication.
- Do not take NSAIDs (Ibuprofen, Advil, Motrin, Aleve, Naprosyn) unless instructed by Dr. Ball.
- Please take the following medications:
  - Take Aspirin 325 mg daily for 14 days (blood clot prevention).
  - Take your oral antibiotic for three days after surgery as directed.
  - Tylenol/acetaminophen – according to bottle instructions
- **Nerve Block:** You received a nerve block for your surgical procedure today. Your surgical limb may feel numb with loss of muscle control for up to 18-24 hours after surgery. We recommend taking a dose of pain medication prior to bed tonight, to cover any pain that may occur if your nerve block begins to wear off while you are sleeping.

## Follow up/Call if:

- The findings of your surgery will be explained to you and your family immediately after surgery. However, in the post-operative period, during recovery from anesthesia you may not fully remember or fully understand what was said. This will be again when you return for your post-op appointment.
- If you were provided with photos of your procedure, please bring them to your follow up appointment for explanation.

- Please contact Dr. Ball's office if you experience the following:
  - Excessive bleeding (bleeding through your dressing)
  - Fever greater than 101 degrees F
  - Persistent nausea or vomiting
  - Decreased sensation or discoloration of the operative limb
  - Pain or swelling that is getting worse and not better with medication
- Please contact Dr. Ball's office if you experience the following:
  - Excessive bleeding (bleeding through your dressing)
  - Fever greater than 101 degrees F
  - Persistent nausea or vomiting
  - Decreased sensation or discoloration of the operative limb
  - Pain or swelling that is getting worse and not better with medication
- Locations and Contact:
  - 1349 S. Rochester Road, Suite 205, Rochester Hills, MI 48307
    - (248)-239-5300
- More Information about your surgery available at my website
  - [www.drguyball.com](http://www.drguyball.com)