



**HAGLUND'S / ACHILLES TENDON REPAIR**

**DAY 1**

- Elevate foot on 2-3 pillows for 23 hours
- Use crutches when walking to the bathroom. **DO NOT** put foot on the floor
- Use ice machine 3 times a day
- Take two tablets of Percocet (Oxycodone) every 4 hours
- Take 1 tablet of Vistaril (Hydroxyzine) three times a day, the third one just before going to sleep at night
- Some bleeding through the dressing may occur. This is normal
- Numbness is normal in the operated limb for up to 24-36 hours. If this persists then contact the office at 646.797.8880
- Headaches following epidural analgesia can occur. Lie down with your head flat and you may take aspirin. A single cup of coffee can also alleviate this spinal headache. If this persists over 12 hours you should contact the anesthesia office at 212.606.1206 and speak to the doctor on call
- Post-operative pyrexia or elevation in body temperature is normal for the first 48 hours. You may take aspirin for this

**DAY 2 – DAY 10/14**

- Percocet, one to two tablets every 4-6 hours a day. Three Vistaril tablets per day
- Elevate limb on 2-3 pillows. It's better to put the pillows underneath the sheets so they don't fall out
- You will be in a bulky, heavy cast that allows for swelling. This will be changed for a lighter version when you return at two weeks
- Non-weight-bearing ambulation with crutches or "Roll-about"
- You may advance the amount of walking as your symptoms see fit, but this should always be non weight bearing

**DAY 10/14**

- Return visit to Dr. Kennedy's office
- Wound check / Removal of sutures
- Light-weight cast in toe plantar flexion (toes pointing to ground)

**DAYS 14-28**

- Non-weight-bearing in cast
- Change from Percocet to Vicodin (Hydroxycodone One to Two tabs every six hours /day)

**DAY 28**

- Return visit to Dr. Kennedy's office
- Change from cast to CAM Walker boot with heel lift

**DAYS 28-56 (2 MONTHS)**

- Non-weight-bearing in boot
- Passive range-of-motion for 1 hour each day
- Dorsi- & plantarflexion
- Inversion and eversion
- Wean from Vicodin

**FROM 2-4 MONTHS**

- Begin physical therapy
  - o Strengthening
  - o Balance
  - o Proprioception

**6 MONTHS**

- Light jogging