

# PRISMA HEALTH®

## **Achilles Tendon Repair**

### **Prisma Health Orthopedics**

#### **The Sports Medicine Center**

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#### **Pre-operative Instructions:**

- Do not eat or drink anything after midnight the night before your surgery.
- Please discontinue the use of aspirin and/or anti-inflammatory medicines such as Motrin, Aleve, Advil, and Ibuprofen 10 days before your surgery if possible to minimize bleeding.
- You may take anti-inflammatory medicines such as Celebrex or Mobic prior to surgery because these medicines do not affect your bleeding time or clotting capability.
- If you take a diet medication that contains phentermine (Adipex) you must discontinue use of it 2 weeks prior to surgery.
- Please discontinue the use of any herbal supplements two weeks before your surgery to minimize anesthetic risks. Some herbs are biologically very important. The following specific herbs should definitely be discontinued prior to surgery: valerian, echinacea, ephedra, ginkgo, kava, and garlic, ginseng, and St. John's wort.
- **Anesthesia:** The type of anesthesia used is between you and the anesthesiologist. Local anesthesia alone is not recommended for most patients due to inadequate pain control during the procedure.
- If you are over the age of 55 or have any significant medical problems such as hypertension, diabetes, or heart disease, please contact your primary care physician to discuss what your risks may be of sustaining a medical complication during or after surgery. We will be happy to refer you for a pre-operative medical consultation when necessary as well.
- Make certain that you arrange for someone to drive you home the day of surgery and stay with you the night of surgery.

#### **Surgery:**

- Surgery is done very effectively as an outpatient.
- Surgical time is usually between one to two hours after induction of anesthesia, positioning, and sterilely preparing the operative ankle.
- Crutches will be provided to you on the day of surgery by the hospital or surgery center.
- Time in the recovery room immediately after surgery is usually between one and two hours.

#### **Post-operative Instructions:**

- Pain is significant but manageable with narcotic pain medications for the first few days. Narcotic pain medications may be necessary for up to 2 weeks for the average person. You may also take anti-inflammatory medicines with the narcotic medicines after surgery.
- Post-op medications: Aspirin 325mg-take 1 tablet daily for 3 weeks to help with preventing any blood clots. Also Ondansetron (Zofran) 4mg -take as needed for increased nausea/vomiting and prescription for narcotics, which is to be used for pain control. These all will be sent to your pharmacy on file with our office before surgery. Please pick up medications at your pharmacy. **Please bring them with you for review the day of surgery.** You may alternate these medications every 3 hours as needed to control pain.
- Pain control: Pain is usually controlled by the combined use of an ice bags, narcotic medication, and anti-inflammatory medication. The typical medicines prescribed depend on the surgical procedure performed. Even if your surgery is accomplished arthroscopically, you can expect significant pain the first few days after surgery. It is better to take the pain medicines as prescribed to minimize discomfort. You may also take anti-inflammatory medicines (Aleve, Advil, and Ibuprofen) but not Tylenol because your narcotic medications already contain Tylenol. **Refill requests for pain medication called in after 3:00 pm may not be responded to until the next business day.**
- Showering: You may change the dressings 48 hours after surgery. You may shower five days after surgery but please keep the bandages on and your surgical area dry. (Use a plastic bag or plastic wrap or bathe in a bathtub).

- Sling/crutches: A sling or crutches may be necessary for up to 3 to 6 weeks after your surgery depending on the extent of your surgery and the recommendations of your physician. It is very important to remain in the sling or use your crutches at all times until further instructed by your surgeon.
- Icing: Postoperatively, an ice bag can be placed on top of the dressing and is recommended to reduce swelling, decrease pain, and decrease inflammation. After the first 48 hours, it is no longer necessary to use this continuously but only as needed for pain and swelling.
- Driving time: Driving may be accomplished when you are no longer taking narcotic pain medications after consulting your physician with further questions.
- What about bleeding? Do not be alarmed if you see some bloody drainage on the outside of your dressing. It is normal to have some bleeding, even after arthroscopic surgery. You may reinforce your dressing with additional gauze pads or wraps, but try not to remove the initial dressing until 48 hours after your surgery.
- Physical therapy: P.T. visits will be needed twice a week for up to 4 months depending upon the individual. Therapy is extremely important to achieve the best result possible from surgery. We will schedule your therapy visits after your first post operative appointment.
- When will I have full range of motion? The amount of time varies depending upon the individual and the type of surgery performed. Most people have full range of motion by twelve weeks after surgery.
- Swelling: Significant swelling is normal for the first week after surgery.
- Healing time: Recovery after any surgery takes time for the tendons to heal and time for your shoulder/knee strength to return to normal. Your skin sutures or staples are usually removed within two weeks after surgery.
- Return to work: For a sedentary, desk type of job, one can generally expect to return to work in one to two weeks. Reduced hours may be necessary initially. For a moderately strenuous job one can expect to return around six to 10 weeks. For a strenuous job with no light duty available, return to work time can be up to four to six months after surgery.
- Out of Work Forms: Please provide our office with any forms from work that need to be addressed. The time required to complete these forms is reduced if you answer the non-medical questions (name, address, employer information, date of injury, etc.) prior to turning them over to us. We ask that you allow our staff 7 days to complete these forms.
- Surgical complications: Most patients hopefully will experience no complications and enjoy a rewarding return to regular activities. However, like most surgical procedures, post-operative complications can occur. These complications include infection, medical complications from anesthesia, blood clots, severe loss of motion necessitating additional surgery, re-rupture of the repair, residual pain, or nerve injury.
- **In the event that you have a post-operative complication, please go to the emergency room or call the on-call physician, 803-296-9200.**

We hope that your experience with the Prisma Health Orthopedic is as pleasant as possible. Dr. Holmes is Board-certified by the American Board of Orthopaedic Surgery and Fellowship-Trained in Sports Medicine and the arthroscopic treatment of knee, shoulder, elbow, and ankle disorders. It is his ambition to return you to activities that you enjoy in the most minimally invasive manner possible utilizing both non surgical and surgical methods.

Thank you for choosing the Moore Center for Orthopedics for your orthopedic needs.

We will be contacting you closer to the time of surgery to discuss benefits. Prisma Health Orthopedics will collect the physician portion prior to surgery. You will receive bills afterwards for any facility fees or anesthesia; they are separate from the physician fee. Please understand we will try our best to make these estimates as close to the correct amount as possible, but they are estimates and it could change if the procedure changes. If you have any questions or concerns please contact our care team at 296-9260 or email us at SWHCareteam@palmettohealth.org

Office Locations:

Monday 100 Palmetto Health Parkway, Suite 320, Columbia SC 29212

Tuesday 104 Saluda Pointe Dr., Lexington, SC 29072

Thursday 104 Saluda Pointe Dr., Lexington, SC 29072

Wednesday and Friday-Surgical days