

**Jason K. Lowry, MD FAAOS**

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**ARLINGTON ORTHOPEDIC  
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**LIFE IN FULL MOTION**

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DATE:

**Dr. Lowry's Post-Op Instructions**  
**Left/Right Achilles Repair**

Patient:

1. Do not remove your splint/dressings until I see you in clinic.
2. Keep your foot elevated at or, preferably, above heart level. This will dramatically help to decrease the expected swelling in your leg/ankle/foot. Remember: you can't elevate your foot too much & gravity is your enemy.
3. Apply two properly sealed ice packs to your ankle / leg for 72 hours after your surgery. Large zip lock bags or small plastic trash bags work the best. Place one under & the other on top of the area. The key is to not get your splint/dressings wet. If you do, please call our clinic immediately.
4. Keep your splint/cast covered with a plastic trash bag during showers. Again, do whatever it takes to keep your splint/dressings dry.
5. Use your crutches at all times. It's OK to gently place your foot on the ground for balance. Otherwise, do not put any significant weight on your foot.
6. Please make an appointment to see me in 14 days after your surgery, at which time, we will exchange your splint for a cast which will be worn for an additional two weeks.

Four weeks after your surgery, you will be placed into a removable walking boot with an elevated heel wedge & you will start a formal Physical Therapy program where you will be instructed on exercises & a progressive weight-bearing schedule. Two weeks thereafter, the heel wedge will be shortened. Finally, two weeks after that, the heel wedge will be removed.

If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Jason K. Lowry, MD FAAOS,1