

# Jennifer L. Cook, MD

Florida Joint Care Institute  
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## Post-Operative Instructions for Achilles

1. You should already have an appointment for your first post-op visit and suture removal in about 10 - 14 days. If you do not, be sure to call the office.
2. You have a sterile splint on your leg. Keep it clean and dry. Make sure to use your crutches during activity. You are on a touch down weight bearing status which means your foot can rest on the ground but little to no weight should be on your operated leg.
3. Elevate affected leg with two pillows UNDER THE ANKLE as tolerated for swelling and pain control.
4. Apply ice daily for swelling and pain control as needed. You should use ice at least 3 to 4 times daily for 15 to 20 minutes each time. Apply as soon as possible. Make sure to wrap ice in a towel as a barrier to keep your dressing dry.
5. Medications: Pain medication as prescribed.

Physician Name: Jennifer L. Cook, MD Signature \_\_\_\_\_

I hereby acknowledge receipt of the instruction indicted above. I understand that I must make arrangements for my post-operative follow-up care with Dr. Cook as instructed by her.

Patient Signature \_\_\_\_\_

Witness \_\_\_\_\_ Relationship \_\_\_\_\_

Additional Instructions: