

## Achilles Reconstruction

### Surgery

- Outpatient surgery
- Surgery takes approximately 1 hour
- Nerve block for immediate postoperative pain
- Splinted (partial cast immediately post-op)
- Usually weight bearing as tolerated after 1 week in a cast, as long as surgical wound looks ok

### Post-op protocol

- Appointments
  - 7-10 days post-op: short leg walking cast in plantar flexion (toes down)
  - 3 weeks post-op: stitches out; short leg walking cast in more neutral position
  - 6 weeks post-op: remove cast; boot; Physical Therapy (PT)
  - 10 weeks post-op: evaluate progress on PT; continue PT (usually 8 weeks)
  - 14 weeks post-op: full release, if doing ok
- Medications
  - Tylenol with codeine for pain as needed
  - Phenergan for nausea as needed
  - Ibuprofen for inflammation and pain
- Recovery
  - Expect 9-12 months for full recovery (strength, calf muscle size)
  - Expect significant wasting of calf for 4-6 months
  - No running or jumping for 4 months
  - Return to most activities by 4-6 months
  - Return to work light duty after 7-14 days; heavy duty after 4-6 months

### Complications

- 10-20% wound healing complication (delayed wound healing, infection)
- Prolonged PT
- Stiffness
- Pain

**Stacy A. Bacon, M.D.**

(281) 917-5523 • 21212 Northwest Freeway, Suite 605

[www.HoustonFootandAnkleSurgeon.com](http://www.HoustonFootandAnkleSurgeon.com)