

# ACHILLES REPAIR

## SURGERY INFORMATION



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## THE SURGERY

- The surgery involves one long incision over the site of the achilles tendon
- The achilles tendon ends are identified and sutured together
- The tube of soft tissue surrounding the repair (paratenon) is closed over the repair
- The wound is then closed and a boot with 3-4 wedges is placed



## THE HOSPITAL STAY

- You wake up with bulky bandages and a post op boot with 3-4 wedges
- Your foot will be elevated overnight, and you have antibiotics through a drip
- Depending on your medical conditions, you will either need aspirin or clexane injections to thin your blood for 6 weeks
- You will be able to touch your foot to the ground only

## WHEN YOU GO HOME

- You will need medications for pain relief
- You will need either aspirin or clexane for 6 weeks to prevent blood clots
- Please leave all dressings intact until your appointment with Dr Graff
- You will get an appointment for your post op appointment in 2-3 weeks where the dressings will be taken down
- After this you will be able to shower normally on a shower chair and pat the dressings dry, only if you keep your foot pointed down. You will still need the boot for sleeping

## REHABILITATION

**All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others.**

- You will need a boot with 3-4 wedges for 4 weeks
- You will have appointments with Dr Graff at 2 weeks and 6 weeks



# ACHILLES REPAIR

0-2 wks	<ul style="list-style-type: none"> <li>You will be in a boot with 3-4 wedges</li> <li>You will only be allowed to touch your foot to the ground for balance.</li> <li>You will need to bag the leg for showers</li> <li>Pain relief: Please take regular Panadol with meals and before bed</li> <li>Please take aspirin 150mg daily or clexane for 6 weeks</li> </ul>
2-4 wks	<ul style="list-style-type: none"> <li>Post op appointment with Dr Graff</li> <li>You will then go back into the boot with 3 wedges another 1-2 weeks</li> <li>You can start weightbearing in the boot</li> <li>You can take the boot off for showers to sit on a shower chair and keep the foot pointed down</li> <li>You can start isometric calf strengthening</li> <li>You can start hip and knee ROM, strengthening and leg lifts with the boot on</li> </ul>
4-6 wks	<ul style="list-style-type: none"> <li>You can remove 1 wedge per week of the boot</li> <li>You can increase to active dorsiflexion to neutral with physiotherapy</li> <li>You can start active theraband inversion and eversion exercises below neutral with physio</li> <li>Continue hip and knee exercises with the boot on</li> <li>will have an appointment with Dr Graff and an xray</li> </ul>
6-8 wks	<ul style="list-style-type: none"> <li>Post op appointment with Dr Graff</li> <li>You can weightbear as tolerated in the boot without wedges</li> <li>Active plantarflexion and dorsiflexion to neutral (pain free) and continue resisted inversion/eversion with foot in neutral</li> <li>Commence proprioception training</li> </ul>
9-12 wks	<ul style="list-style-type: none"> <li>You can wear normal shoes if you are able to fit into them (may still have swelling)</li> <li>You can range the ankle past neutral with physio</li> <li>You can start cycling/swimming</li> </ul>
3-6 mnth	<ul style="list-style-type: none"> <li>Post op appointment with Dr Graff</li> <li>You can progress strengthening and range of motion with pain free double leg heel raises and single leg balance with physio</li> <li>From 4 months, light jogging can commence if there is no pain</li> </ul>
6-12 mnth	<ul style="list-style-type: none"> <li>When the leg feels back to normal and the same as the other leg, you can start sport specific training and heavy labour work</li> </ul>

## WHEN CAN I RETURN TO WORK/SCHOOL?

- Seated work 4-6 weeks
- Prolonged standing 10-12 weeks
- Heavy labour work 9-12 months

## WHEN CAN I RETURN TO SPORT?

- Start sport specific training at 6-8 months
- Return to sport when leg same as the other side (9-12 months)

## WHEN CAN I DRIVE?

- Left foot 6-8 weeks
- Right foot 10-12 weeks

## WHAT CAN GO WRONG?

- Anaesthetic problems
- Nerve injury
- Blood clots
- Infection
- Stiffness
- Re-rupture
- Ongoing pain
- Further surgery

## CONTACT

If you want more information, or have any questions or problems, please contact Dr Graff on [admin@christygraff.com](mailto:admin@christygraff.com) or please call the rooms on **0493 461 133**