

Jennifer L. Cook, MD

Florida Joint Replacement and Sports Medicine Center

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Post-Operative Instructions for Achilles

1. You should already have an appointment for suture removal in about 2-3 weeks. If you do not, be sure to call the office.
2. You have a sterile splint on your leg. Keep it dry.
3. Elevate affected leg with two pillows UNDER THE ANKLE as tolerated. Discontinue when comfortable.
4. Use ice for 3-4 days. You should use it at least 3 to 4 times daily for 15 to 20 minutes each. Apply as soon as possible.
5. You should be non weight bearing with crutches for 4-6 weeks after surgery. Then you may progress to weight bearing as tolerated.
6. Medications: Vicodin as prescribed

Physician Name Jennifer L. Cook, MD Signature _____

I hereby acknowledge receipt of the instruction indicated 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:
