

**Dr. Pathik Shah**

**Sports, Revision Sports and Regenerative Sports  
Orthopaedic Surgeon**

DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS  
AOSSM Sports Surgery Fellowship(California, USA),  
Fellowship in Joint and Trauma (Mumbai)  
Diploma in Football medicine (FIFA)

Place label here

NAME OF PATIENT: \_\_\_\_\_

MRN: \_\_\_\_\_

**POST-OPERATIVE INSTRUCTIONS - ACHILLES TENDON REPAIR**

1. Keep foot elevated as much as possible for the first two weeks to control swelling.
2. Use crutches for walking. Do not put any weight on the operated leg.
3. **DO NOT** remove the splint until your first follow up appointment in 10-14 days. You may shower on post-operative day #3, but you must keep the splint and foot dry by covering with a plastic bag and/or plastic wrap.
4. Please call to schedule/confirm a follow-up appointment for suture removal, 14 days post-operatively.
5. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
6. Your post-operative medications will be given to you at the time of discharge

**If you have any questions, please feel free to call Dr. Pathik Shah office**