

POSTOPERATIVE INSTRUCTIONS ACHILLES TENDON REPAIR

DIET

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WOUND CARE

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MEDICATIONS

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ACTIVITY

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ICE THERAPY

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EXERCISE

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surgery) or chills

- Redness around incisions
- Color change in wrist or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting

