

## **Achilles Tendon**

# **Ultrasound Guided Percutaneous Tenotomy**

### **Home Instructions Form**

- Discomfort** Some pain after your procedure is expected for the first few weeks. Local anesthetic was used and this will begin to wear off about 8 hours after the procedure. Anticipate an increase in pain at this time and consider taking Acetaminophen (Tylenol) about 6 hours after the procedure to stay ahead of your pain.  
Use an ice pack on the painful area for 15 minutes as needed; in the first 2-3 days consider icing 3 times daily.  
If you are concerned about your pain, please contact your care team.
- Pain Medication** All medication is sent electronically to your pharmacy an antibiotic (which you are required to take to prevent risk of infection) and a narcotic (if you are not comfortable taking the pain medication you may also take Tylenol 1-2 tablets every 4-6 hours as needed for pain). Please take pain medication with meal. You may come off the prescription pain medication when you feel comfortable. Resume other home medication as per usual regimen.  
**\*\*\*If your procedure included a PRP Injection: It is critical to avoid anti-inflammatory medications including Advil, Aleve, Aspirin, Celebrex, Ibuprofen, and Motrin.\*\*\***  
The pain medication may cause constipation; drink plenty of fluids, apple juice and prune juice as needed. You can also use Colace 100mg by mouth twice a day. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold over the counter at any pharmacy.
- Wound Care and Showering**
- If a bandage / dressing was applied, remove dressing after 24-48 hours. Replace with simple bandage.
  - Sterile strip bandages can be removed when they begin peeling off or after 7 days.
  - Keep procedure area clean and dry for 1 week after the procedure until your doctor has seen you for your wound check.
  - Do not soak/submerge the treatment area in water for 1 week. Showering is OK, but keep incision site covered for the first week.
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- Return Visit** You will be scheduled for follow-up appointments approximately 1 week, 1 month and 3 months after your procedure.
- Emergency** Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.  
**\*\* If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. \*\***