



ORTHOPEDIC ASSOCIATES OF CENTRAL CONNECTICUT, P.C.

**STEVEN E. SELDEN, M.D.**

ARTHROSCOPIC SURGERY  
KNEE AND SHOULDER SURGERY  
SPORTS MEDICINE  
GENERAL ORTHOPEDICS

## INSTRUCTIONS FOR ACHILLES REPAIR

- Limit your activities for several days. Keep your leg elevated on one or two pillows as much as possible for 24 hours. Use your crutches at all times-minimal weight on your operated leg
- Take your pain medication as prescribed. Also take one baby or regular aspirin daily for 10 days.
- Arrange for a follow up visit in 10 days (if you do not already have one scheduled).
- Call if there are any questions or problems (860)243-1414

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Steven Selden MD