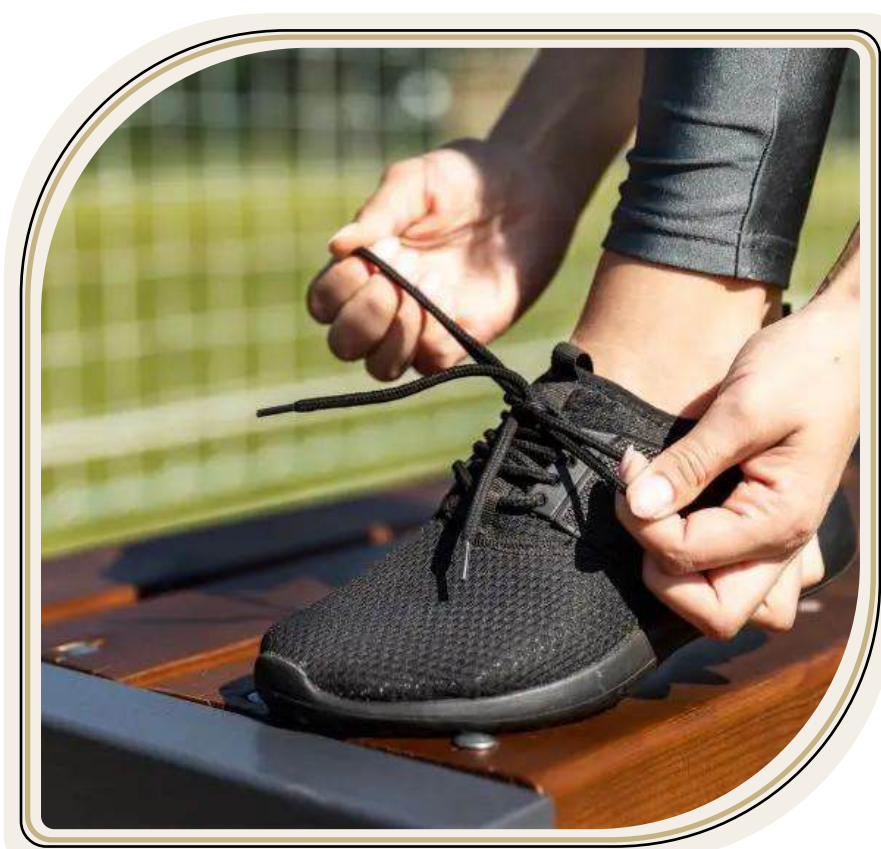


Achilles Tendon Repair Surgery Facts

1. When is Surgery the Best Option?

Before you schedule an appointment with a surgeon, remember that not all Achilles injuries need surgery. Check with a podiatrist before jumping to conclusions. You may find another course of action is best for your particular situation.



2. Types of Achilles Tendon Surgery

Percutaneous repair is a minimally invasive surgery using small incisions and stitches, while open repair involves a larger incision for direct access to the tendon. Mini-open repair combines the benefits of both methods, offering a balanced approach.

3. Your Achilles Surgery

Before you head in for your procedure, read and follow the clinic's pre-operation procedures to a "T." These typically include refraining from eating or drinking at least 12 hours before the surgery, arranging for transportation home from the procedure, and other practical instructions to help you feel your best throughout the process.



4. Risks of Achilles Surgery

Before deciding on Achilles tendon surgery, it's important to understand the risks, including infection, nerve damage, blood clots, and re-injury. Keeping bandages clean and dry while watching for redness or unusual odors can help reduce infection risk. Your doctor will explain any risks specific to your injury.

5. The Road to a Stronger Achilles

Recovery after Achilles tendon surgery takes time, but each step brings you closer to regaining strength and mobility. In the early weeks, you'll rest, avoid putting weight on your foot, and use crutches or a surgical boot to support healing. These tools are temporary but essential for getting back on your feet.

