

Post Operative Open Reduction/Internal Fixation of Ankle

1. Maintain non-weightbearing of the operative leg at all times using crutches or walker.
2. Keep the operative leg elevated on two pillows whenever possible.
3. Apply ice just above the operative site (usually to the knee), 30 minutes out of every one hour for the first 48 hours after surgery.
4. Avoid prolonged periods of standing or sitting with legs hanging down.
5. Keep splint CLEAN and DRY. Do not remove the splint or dressings.
6. Never allow the splint to get wet. Cover the splint for showers with a plastic bag to prevent the splint from getting wet.
7. Do not bump or injure your ankle.
8. Keep pets away from the ankle
9. Take all medications exactly as prescribed.
 - You will have received a prescription for pain medication.
 - Do not operate machinery or drive while taking this medication.
 - This medication may cause nausea or vomiting.
 - You may have been given a prescription for an anti-nausea medication.
 - Take as directed for any nausea associated with the pain medication.
 - For added pain control, begin taking Tylenol 500mg tablets, 1-2 tablets every 6 hours as needed.
 - Any severe itching, hives or difficulty breathing, please call immediately.
 - Any severe itching, hives or difficulty breathing, please call immediately.
10. You should have an appointment scheduled for your first post-operative visit in the office about 7-10 days after your surgery. If you do not have one made already, please call the office when you arrive home from the hospital to make that appointment. The first dressing change, ankle check and post operative x-rays will occur at this appointment.
11. You have just had a surgical procedure. A limited amount of swelling is expected. In some cases the skin may take on a bruised appearance. This should not be cause for alarm.

Post Operative
Open Reduction/Internal Fixation of Ankle (continued)

12. If you should notice any increase in temperature, pain, swelling, redness or bleeding through your dressing you should contact your surgeon immediately.

YOUR cooperation determines the successful outcome of your surgery.

Additional instructions: