

POSTOPERATIVE INSTRUCTIONS – Ankle Fracture

WEIGHT BEARING / MOVEMENT

You should be non-weight bearing on the operative extremity until advised to do so. Utilize crutches to mobilize.

ICE / ELEVATE

You can utilize ice packs over the splint – ensuring that the splint does not get wet. Ice will help decrease swelling. In addition, elevate so that your toes are above your nose. This elevates your ankle above your heart and will help reduce swelling.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery (i.e. leg). If an injection of local anesthesia was injected into your wound, this will wear off in 5-6 hours. Therefore, begin taking the medication (e.g. Norco, Percocet, etc.) immediately when you begin to have pain. This will prevent you from having severe pain. Take the pain medication as needed, every 4-6 hours.

DRESSING / BANDAGES

Keep your surgical dressing clean and dry. Do not remove your dressing. You may take a shower with a plastic bag over your leg to keep the dressing clean and dry. Call if your dressing is too tight.

DRIVING

Do not attempt to use your surgical leg for driving until advised by physician.

APPOINTMENT

At your first post-operative visit in 7-10 days, your stitches will be removed if necessary, you will be transitioned to a boot, and you will be given directions for activity and therapy.