

Post-Operative Instructions: Ankle Surgery

You are recovering from Ankle Hardware Removal Surgery. The following information is to help make your recovery as smooth and rapid as possible.

- 1) Keep your ankle elevated as much as possible. Elevate your operative leg for the first 2-3 days so your knee is higher than your heart and ankle higher than knee whenever you are resting. You may get up to use the bathroom and to eat meals, but the more you elevate your leg, the less you will swell, bleed, or have pain.
- 2) Keep your outer dressing on for 48-72 hours. After that, you can unwrap it, and keep it covered as needed. The clear/gray dressing is water proof. It should remain on for 7-10 days, after which you can remove it. You may shower after the outer dressing is removed over the clear/gray dressing, and continue after that is removed, but do not soak/submerge incision for 2 weeks.
- 3) Post-operative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call.
- 4) You can put weight on your leg in the boot, but avoid doing so outside of the boot. Remember that surgery will cause your thigh muscles to be weak, so take your time and be safe when ambulating.
- 5) Your post-operative therapy begins on the day of surgery. Initially you should perform straight leg raises, thigh isometric contractions, and knee and ankle range of motion. There is no limit to the amount of these exercises you may do. No therapy should cause sharp pain. Stop all activities that cause this kind of pain. Also make sure you can re-straighten your knee all the way and lift your leg up (i.e. straight leg raises).

- 6) Post-operative pain is common, but should be controlled by the prescriptions given to you. Do not mix alcohol and prescription pain medications. Your need for prescription pain medication should decrease after 3-4 days, and you should begin taking your usual over-the-counter pain killer (Advil®, Tylenol®, aspirin), as needed. Be sure to take your antibiotics or other medications as prescribed.

- 7) If you have any unusual problems; increased pain after the first 3-4 days, a temperature over 101.5°F, unusual rashes, circulation or sensation problems, or any other problem, please call our office at (607) 734-4110.

- 8) Do not drive until you feel completely safe and able to handle the vehicle. You should not drive while taking prescription pain medications.

- 9) You will be seen in the office 10 - 14 days after surgery for follow-up. If you have any questions or concerns, please call us at (607) 734-4110.