

## Post-Operative Instructions: Ankle Fracture Surgery

You are recovering from Ankle Fracture 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 dressing / splint on at all times. Do not get it wet.
- 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) Do not put any weight on your leg. Remember that surgery will cause your thigh muscles to be weak, so take your time and be safe when using crutches or ambulating.
- 5) Your post-operative therapy begins on the day of surgery. Initially you should perform straight leg raises, thigh isometric contractions, and knee 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 given permission by your provider. 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.
  
- 10) You may be transitioned to a fracture boot post op. If this is the plan for you, please bring the fracture boot to your first post op appointment.