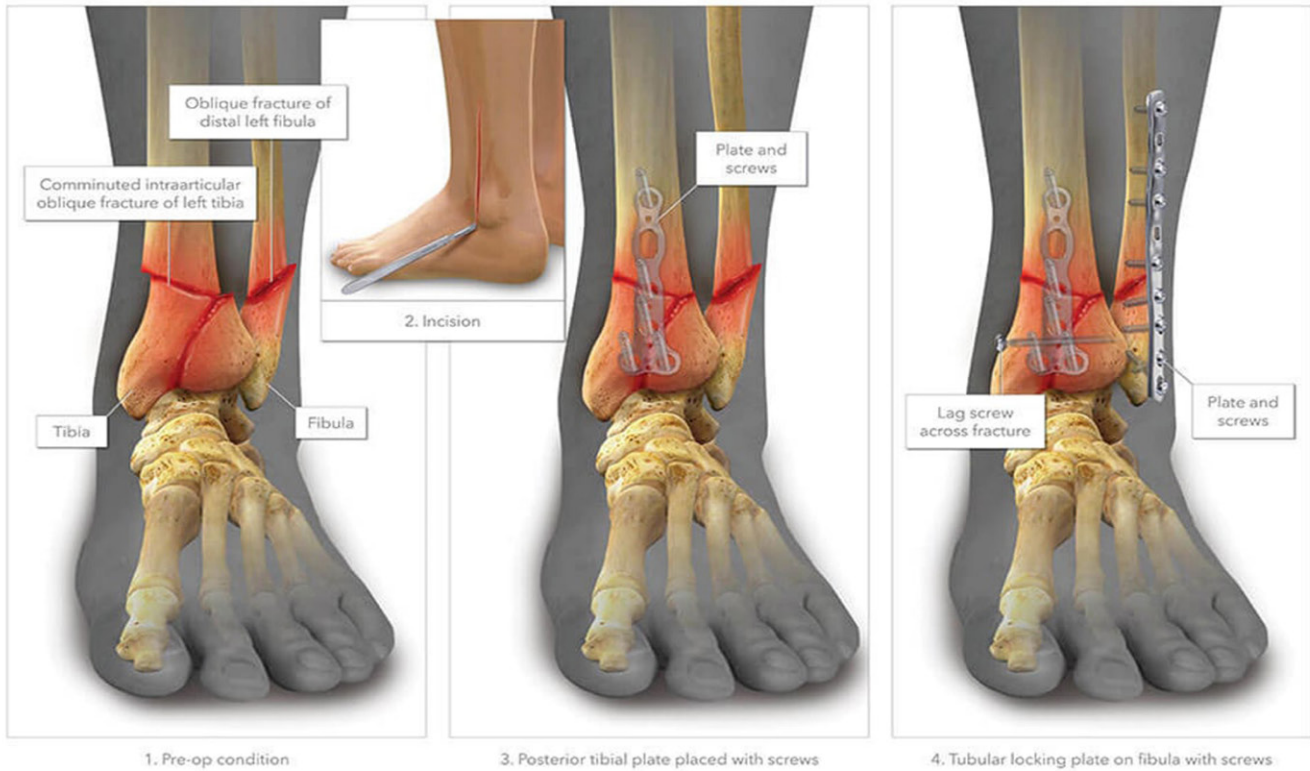


POST OP ORIF ANKLE



The following is an outline of instructions and information for post-operative Open Reduction Internal Fixation (ORIF) of an ankle fracture. Please follow these instructions specifically and if you have any questions, contact the Surgeon.

Splint Care/Bathing

When you come out of surgery you will have a splint on your ankle. Keep this clean and dry up until the first appointment. A waterproof cast bag will be prescribed to keep it dry during showers. You will also be prescribed a shower chair to sit on as you will be on a strict non-weight bearing on the affected lower extremity and at this time are at high risk of falling. No bathing, hot tubs, pools.

Pain and Swelling

It is normal to have pain and swelling in your ankle after surgery. The swelling may last up to 4-6 months, and the pain is variable. Acute pain, however, usually is relieved after the first three to seven days after surgery. It is normal to even see some bruising up to your calf. Take your oral pain medication as directed for pain. If you have severe pain and swelling or redness in your calf that persists, you should contact the Surgeon.

How to Minimize Swelling

1. Elevate your leg so it is above the level of your heart (i.e. if you are sitting, prop your ankle up on several pillows).
2. Use ice compress! It may not feel like it is getting through the splint, but it is- continue to use this for the first 6 weeks after surgery will help swelling. Always remember to have a barrier (ie. towel) between skin and ice pack.

Activity/Weight Bearing

You will be STRICT NONWEIGHTBEARING for 6 weeks following surgery. You may utilize either crutches or a knee scooter for the 6 weeks. When sitting, you should keep your leg elevated and ice.

Physical Therapy

Physical therapy referral will be given to you at your second post op appointment at 6 weeks. At which time we will transition you out of the boot and allow you to start weight bearing on the affected lower extremity.

Driving

Do not drive unless cleared by the Surgeon. You must be able to comfortably use the brake and gas pedal and be off all pain medication before you can be cleared to drive. Most patients who have surgery on their right ankle can drive after 8 weeks. You cannot drive while wearing a splint or boot.

Medications

Pain

- Oxycodone 5 mg, 1 tablet every 4-6 hours for pain as needed
- Naproxen 500 mg, 1 tablet every 12 hours for pain and swelling. Take with food.
- Over the counter acetaminophen

Other:

- Aspirin 81 mg, 1 tablet q 12 hours for DVT/PE prophylaxis for 4 weeks
- Shower chair
- Knee scooter/Adult crutches
- Seal tight cast bag
- _____

Do not put any ointments on incision sites, waterproof bandages only.

Warnings

Notify the Surgeon immediately if any of the following occur:

- Excessive bleeding
- Excessive non-bloody wound drainage beyond the first three to four days
- Poor pain control
- Fever greater than 101.5 degrees Fahrenheit after post-operative day three
- Increased redness along incision
- Calf pain or swelling

Follow-up with the Surgeon

As Scheduled in 2 week(s) Date of follow up appointment: _____/_____/_____

Please call to schedule your post- op appointment if not already scheduled or if you have any questions or concerns. After 5 p.m. or on weekends you will forwarded to our on-call physician.