



Post-operative Instructions – Ankle Surgery

Activity

Do not put any weight on your operative leg. Use crutches or a walker to ambulate.

Do not drive until cleared to do so by me.

Pain Control

At the end of your surgery, numbing medication was administered in the surgical wound. This typically lasts around 8-12 hours. Begin taking your medication when you get home, even if you are not in pain. This will keep your pain down when the numbing medicine wears off. Take all medications as directed.

Elevate the foot above the level of your hearth as much as possible to help reduce swelling which will help the throbbing and pain. It is normal to feel throbbing when the foot is not elevated.

Dressings

Keep the cast/splint on and dry. You may shower if you cover the cast/splint in a water tight fashion.

Follow-Up

If not already arranged, call the office as soon as you can to schedule your post-op visit for 10-14 days after surgery. We will review your surgery and any images at that appointment.

Call Immediately for....

Temperature over 101.5 degrees, increasing severe pain, swelling or redness.