

Activity

- Keep your ankle elevated above the level of your heart. This is important to reduce swelling and relieve pain.
- You should limit activity during the first 48 to 72 hours. It is permissible to get up to eat and to go to the bathroom.
- You may touch your operated foot down for balance. In most cases you must remain non-weight bearing on the lower extremity. Your weight-bearing restrictions may be altered based on your specific case.

Care of your Dressing

- The dressing on your ankle is applied with some compression to reduce swelling. However, if it feels too tight or if your pain is not relieved with the medication prescribed, you may loosen the dressing by splitting it along the side with scissors, allowing it to slightly open up. Then apply some tape to hold the dressing on in this loosened position. If an Ace wrap has been used to secure your dressing, you can loosen it. Leave the under dressings in place.
- Keep the dressing dry. Take sponge baths or hang your leg outside of the bathtub to bathe.
- Frequently, you may see some blood on your bandage after surgery. Do not let this alarm you. Add some extra gauze to the bandage and tape it in place. If there is excessive bleeding however, notify the office as soon as possible.
- Do not remove your dressing. It will be changed on your first return visit.

Pain Control

- Take the pain medication as prescribed. It is better to take the medication regularly (every four to six hours to keep the pain under control) than to try to "tough it out". You may take one to two pills at a time. If you are a smaller person, or if pain medication makes you very drowsy, take one tablet at first.
- Try to take the medication with some crackers or some other food, rather than on an empty stomach. A prescription for Phenergan suppositories may be issued for use in the event of nausea.
- If you develop severe itching or a rash, stop taking the medications and notify the office. Mild itching may be controlled with over-the-counter Benadryl.

Crutches

- You will want to arrange to have some crutches or a walker available after surgery to allow you to ambulate (walk) more comfortably and to follow your weight bearing restrictions. It is wise to practice with the crutches or walker before your surgery.

Return Appointment

- If you have not been given a return appointment, call the office to schedule a visit approximately 10 to 14 days after surgery. If you don't need to be seen that soon, the doctor will let you know.

Reasons to Call the Office Immediately

- If the incisions should become hot, red, tender, or begins to drain fluid that looks like pus.
- If you develop a fever of 102.0 degrees or greater that persists for more than four hours.
- If you develop shaking chills or sweats.
- If you develop severe pain in the ankle that does not respond to the combination of pain medication described above in conjunction with icing and elevating the ankle above the level of the heart for one hour.