

Instructions Following Ankle Fracture Fixation

1. When to contact Dr. Faulkner's team:

- Excessive bleeding; unrelenting pain; excessive wound drainage (mild drainage or spotting is normal for 3-4 days postop); persistent numbness or tingling in operative extremity; temperature of $>101^{\circ}$ F; increasing redness or swelling; calf pain, tenderness, or swelling

2. Splint:

- A soft or hard splint will cover your ankle. Leave in place until 1st postop appointment.
- Do not get splint wet.

3. Blood Clot Prevention:

- Wear compression stockings for 14 days postop. Remove for hygiene and for 2 hours/day to allow the skin to breathe.
- Take Aspirin 325 mg for 14 days.

4. Weight Bearing: You are restricted to touch-down weight bearing. Ok to tap toe on ground when ambulating, but do not transfer any weight through operative extremity until cleared to do so. It is VERY important to adhere to weight bearing restrictions. Use crutches to follow to this protocol.

5. Activity after surgery:

- Elevate leg above heart level as much as possible to help reduce swelling.
- Start knee range of motion the day after surgery
- Quad sets should be performed at least 3x daily.

6. Restrictions/Driving: No driving unless cleared by Dr. Faulkner. No lifting, pushing, pulling, or carrying objects > 2 lbs. Do not climb, stoop, crawl, or kneel.

7. Pain medication:

- Take 1-2 tabs of the prescribed pain medicine with food every 4-6 hours as needed. Take the medication sparingly and discontinue as soon as possible.
- Common side effects of narcotics: constipation, drowsiness, nausea and confusion. If you experience severe nausea, itching, dizziness or other adverse reactions, call Dr. Faulkner.
- Increase your fiber intake (fruits, vegetable, grains) and use an over the counter stool softener (such as docusate or Senna-S) if you are having constipation.
- Substitute Tylenol and/or Ibuprofen or Aleve if you do not have any contraindication to taking these. **Maximum dose/day of Tylenol is 1000 mg every 8 hours and Ibuprofen 800 mg every 8 hours.** Stomach upset, GI ulcers and allergic reactions are the most common adverse reactions to anti-inflammatories. You should not take more than 3000 mg of Tylenol in a 24 hour period.



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8. Diet: Anesthesia can cause temporary nausea after surgery. Begin with light with clear liquids or soft foods after surgery to minimize upset stomach. Drink at least 6-8 glasses of water daily.



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