

Open Reduction Internal Fixation Ankle Fracture

Postoperative Instructions

MEDICATIONS: You will be given three prescriptions- Medications to control pain, nausea, and constipation. Take as directed. You should also eat yogurt for the first 3 days to help maintain the normal, helpful bacteria within your stomach.

DRESSING: Leave your splint in place until you follow up with your surgeon in 2 weeks.

SHOWERING: No showering until you are cleared by your surgeon.

ICE: Icing is very important to decrease swelling and pain and improve mobility. During the first 24 hours, apply ice directly over the sides of the ankle through the splint every 2 hours, 15 minutes each time. After 24 hours, continue to use the ice 3 – 4 times a day, 15 – 20 minutes each time to keep swelling to a minimum.

WEIGHT BEARING: You may not bear weight on your operative leg. Use crutches to mobilize.

ACTIVITIES: Rest and elevate your leg for the first 24 hours. Do **NOT** place a pillow under your knee but rather directly under your heel. Elevate with a pillow under your calf and ankle. It is important to get your leg as straight as possible as soon as possible.

If you experience severe pain that your pain medication does not relieve, you should let us know. **If you experience a temperature over 101.5*, redness or swelling in your thigh or calf, please contact our office daytime, evenings or weekends at (847) 634-1766**

GOALS: Allowing the ankle fracture to heal, allowing the skin incisions to heal, eventual weight bearing as tolerated with full ankle range of motion