**You are recovering from arthroscopic and reconstructive ankle surgery. The following information is to help make your recovery as smooth and rapid as possible.**

* Keep your leg elevated as much as possible for the next few days.
* Keep your dressing on until seen in follow-up. Do not get it wet.
* Post-operative bleeding is not unusual. You may reinforce the dressing as needed. If you have concerns about the amount of bleeding, please call the office.
* You have received an exercise page with pictures and instructions on exercises that you may begin now. There is no limit to the amount of these exercises you may do. No therapy should cause sharp pain. Stop all activities that cause this kind of pain.
* Do not bear weight on your operated leg until seen in the office. Use your crutches until that time.
* Post-operative pain is common but should be controlled by the prescriptions given to you.
* You will be seen in follow-up within a week. Please call your doctor’s office listed below if you have any questions or concerns.