



**POST-OPERATIVE INSTRUCTIONS
PROCEDURE: FOOT OR ANKLE FRACTURE OPEN
REDUCTION AND INTERNAL FIXATION**

- Pain Medication: You will be given a prescription for pain medication to be taken after surgery. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- Dressings: Keep splint on at all times. Keep splint clean and dry at all times.
- Crutches: Use crutches or walker at all times. You should not bear any weight on your injured leg. Do not engage in prolonged periods of standing or walking over the first 7-10 days following surgery. Elevate the operative leg to chest level whenever possible to decrease swelling.
- Cold Therapy: Apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a t-shirt.
- DVT (blood clot) prevention:
 1. Perform range of motion exercises for the uninjured ankle to exercise calf muscles. Do ten reps every hour minimum while awake
 2. Beginning the day of surgery, take one regular (325mg) aspirin daily for 4 weeks unless not allowed for other medical reasons. ***Clear this with your family doctor before starting the aspirin.***
- Post-Operative Appointment: Please make a post-operative appointment to see your surgeon 10-14 days following surgery.
- Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.

- When to call your surgeon:
 - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - Persistent fever >101, chills
 - Increasing pain at the surgical site
 - Increased swelling/pain in the calf
 - New onset numbness or tingling
 - Hives or new rashes
 - Shortness of breath or chest pain
 - Persistent nausea/vomiting
 - Drainage from your incision lasting >5 days