



all american orthopedic
& SPORTS MEDICINE INSTITUTE

Post Op Ankle/Foot Fracture Instructions

BANDAGES & DRESSINGS:

- Keep dressing and splint clean, dry and intact:
 - Cover extremity with taped cast/trash bag when showering
 - Do not submerge in water (no pools, hot tubs, etc)
- Leave on dressing and splint until post-operative visit.
- Follow up appointment 2 week.
 - To schedule a follow up, call the office .
- You may ice through your dressings and splint

WORK/SCHOOL:

- Depending on your job, you may be able to return to work or school 3 days after surgery.
- Maintain your postoperative restrictions

TIPS TO CONTROL YOUR PAIN

- Elevate your ankle and foot as much as possible
- Use ice or cryotherapy consistently—20-30 minutes several times each day
 - Be sure to take breaks from the cold
- If health history allows, you may take anti-inflammatories - Ibuprofen (Advil, Motrin), Naproxen (Aleve) with your Narcotic pain relievers
 - Be sure to take with food.
- Drink plenty of water and walk frequently to avoid constipation and blood clots
- When sleeping, use multiple pillows to support your leg and elevate

Blood Clot/ Deep Venous Thrombosis (DVT) Prevention

- A blood thinner like Aspirin, Xarelto, Eliquis, or Lovenox will be prescribed for you. It is important to complete your regimen for 6 weeks. If you are already on a blood thinner, you may continue your prior medication
- You may have Sequential Compression Devices (SCDs) ordered for you after your procedure. Be sure to follow directions to prevent blood clots as you maybe limited especially after surgery.

PHYSICAL THERAPY

- A prescription may be provided to you for physical therapy today.
- Please contact the office and let us know where you have decided to pursue therapy to ensure your therapist and surgeon are working together to accomplish your goals.

Please call me if you have uncontrolled pain, numbness, tingling, blue toes/feet, fevers, or chills.

If there are any questions or concerns, please do not hesitate to contact me.

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