



## **Post-Operative Instructions**

### **Ankle Arthroscopy with Brostrom +/- Deltoid Recon**

**Please read all instructions carefully and ask for clarification if necessary**

#### **ACTIVITY**

You will be in a **SPLINT TO BE WORN AT ALL TIMES AND NOT TO BE REMOVED**

- You may **NOT PUT ANY WEIGHT ON YOUR LEG** and will ambulate with the assistance of crutches while in your splint
- You should avoid getting the splint wet
- **DO NOT** sit with a pillow under your knee, this may lead you to be unable to fully straighten your leg after surgery
- **Pillows may be placed** under your ankle when elevating and/or icing

You **MAY NOT** drive until you are cleared to do so at one of your post-operative visits

You may continue your normal diet as tolerated

#### **DRESSING/WOUND CARE/SHOWERING**

It is expected that your leg will be very swollen and bruising can occur

- This swelling may occur from the thigh to the foot for the first week or so
- Loosen the ace wrap around the splint if it becomes too tight or painful, but **DO NOT REMOVE THE SPLINT**
- You may shower but protect your splint from getting wet by wrapping it with a plastic bag/garbage bag or saran wrap

Your sutures (if they are present) will be removed at your first post-op office visit

**\*\*DO NOT SUBMERGE YOUR INCISIONS IN A BATH, POOL, ETC\*\***

#### **COLD THERAPY**

You should ice the ankle every hour for 20 minutes at a time for the first 2 days, then on an as-needed basis after the first 48 hours

- **Avoid direct skin contact with the ice and exposure longer than 20 minutes as this can lead to frostbite**

## MEDICATIONS

You may begin taking your prescription pain medication (below) upon arriving home and should continue taking it every 4-6 hours as needed for pain

- **Percocet 5/325** (Oxycodone 5mg with Acetaminophen 325mg): Take 1 tablet every 4-6 hours as needed for pain
- You may take 2 tablets if pain is severe
- **\*\*\*DO NOT take additional Tylenol with the Percocet\*\*\***

You will also have a prescription for:

- **Aspirin** (81mg): Take one in the morning and one in evening to prevent blood clots
- **Zofran** (Ondansetron): For nausea as needed
- You may take Advil (2 pills three times per day) or Aleve (2 pills twice a day) to help minimize inflammation, soreness and swelling

DO NOT DRIVE a vehicle or operate any machinery while taking narcotic pain medication

DO NOT drink alcohol while taking narcotic pain medication

Try to **take the above medications with food** to help prevent any stomach irritation

You may also take an **over-the-counter stool softener** (such as Senna, Dulcolax or Colace) to help prevent constipation from the narcotic pain medication

If you have **any adverse or allergic reactions** to medications, stop them and call the office

**\*\*Please note, if you had a nerve block this will likely wear off within 24-48 hours of surgery. It is advised to begin taking your pain medicine before the block fully wears off\*\*\***

## FOLLOW-UP

You should have your first post-op visit scheduled for **1-2 weeks** after surgery

- If you do not have an appointment, please call our office (**860-533-4692**) to schedule

**Please call the office (860-533-4692) if you experience any of the following:**

- Fever over 101° (low-grade fevers are common after surgery)
- Non-stop drainage or bleeding from incisions that soaks through multiple dressings
- Excessive pain that is not being controlled with medication
- Chest pain or difficulty breathing
- Excessive redness or discharge from incisions