



LANCASTER ORTHOPEDIC GROUP

231 Granite Run Drive, Lancaster, PA 17601
(866) LOG-1000 • (717) 560-4200 • Fax (717) 560-4159
<http://www.lancasterortho.com>

Michael J. Bercik, MD

Discharge Instructions after Ankle Fracture Surgery

Your Incision

- Do not remove your splint or your dressing. They will be removed at your first visit.
- Do not get your splint wet. To wash, you should first cover it with a dry towel and a plastic garbage bag (or something similar).

Using Your Leg

- For the first 10-14 days, you should spend as much time as possible lying down with your leg elevated at or above the level of your heart (3-4 pillows).
- Do not drive for at least 6 weeks or until cleared to do so by your doctor.

Medication

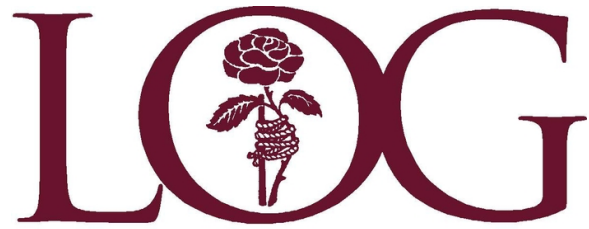
- Use ice on the ankle intermittently (20 minutes on/off) over the first 48 hours after surgery.
- Take a half of an aspirin twice a day for 2 weeks after surgery unless you have an aspirin allergy or asthma.
- Pain medication has been prescribed for you. Use your medication liberally over the first 48 hours, and then begin to taper your use. You may take Extra Strength Tylenol or Tylenol in place of the pain pills.
 - If you have been prescribed Toradol (Ketorolac), take this around the clock as prescribed even if you do not have pain. Toradol (Ketorolac) is a powerful anti-inflammatory medication that often limits the amount of narcotic pain medication that is required.

Recovery

- For the first 6 weeks, you cannot put any weight down on your leg.
- From 6 weeks to 12 weeks, you will put gradually more weight down. You will receive more instructions on this at your post-operative visits.
- If your right ankle is involved, then you will not be able to drive until 8 – 10 weeks after surgery. This is for safety reasons, as you need to heal to the point where you have no hesitation in using brake pedal when driving.

Please call 717-560-4200 for any problems, including the following:

- Excessive redness of the incisions
- Drainage for more than 4 days
- Fever of more than 101.5° F



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You should see the doctor 10-14 days after your surgery.