



1. Please change the dressing on postoperative day #1.
2. Keep the wound covered with Band-Aids for 3 days. Please do not put any bacitracin or other ointments over the surgical site. Use a Cryo/Cuff, if provided, or an ice pack as often as possible, for the first 3 days, then as necessary for pain relief.
3. You may shower on postoperative day #3. Cover the site with plastic wrap. Do not soak the ankle in water or go swimming until the sutures are removed.
4. Exercise to be performed 2-3 times daily:
  - Gentle range of motion of the ankle (pointing and flexing).
5. Please schedule a follow-up appointment for suture removal, 7-10 days post-operatively.
6. If you develop a fever (101.5) or see redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
7. Enclosed or already provided are two prescriptions. Naprosyn, an anti-inflammatory medication, is to be used twice a day **with breakfast and dinner**, for the first 10 days after surgery. Vicodin, a narcotic, is to be used on an **as needed** basis for pain in addition to the Naprosyn.

If you have any questions, please feel free to call our office.

If you have any difficulty using anti-inflammatory medications or aspirin, or have a history of ulcer disease, you will only use the Vicodin postoperatively.

If you find that the Naprosyn is upsetting your stomach, please call our office to review the medications.