

#### PRIOR TO SURGERY:

- If you are in a formal physical therapy program, continue the therapy until the time of surgery. It will be helpful in returning your ankle to its normal function and strength after surgery.
- If you are not in a formal physical therapy program, maintain your strength and range of motion. If needed, we will give you some basic exercises to do at home to promote function and strength.
- Do not shave your ankle as it will increase the bacterial growth on your skin.

#### SURGERY DAY:

- Wear loose fitting pants or shorts to the hospital. This is because you will have to wear a splint or bandages after your surgery.
- Bring your crutches with you, if applicable.
- For outpatient surgery, you will be in the hospital for approximately 4-6 hours. If you are required to stay overnight you will be in the recovery room for 1-2 hours and then you will be transferred to your room. Visiting hours are until 8:00pm.

#### AFTER SURGERY:

- Instructions will be given to you and your family that are specific to your type of surgery. Please follow these instructions carefully as they will help you during the initial days after surgery.
- Call the office if you should have any questions after surgery. If there is an emergency, a physician will be available to talk with you even if our office is not open.
- A hospital employee will call to see how you are doing and to make sure everything is going as expected. Please feel free to ask any questions at this time.