

GENERAL:

1. You will be given a prescription for pain medication (a narcotic: either Dilaudid, Vicodin or Percocet). You will have pain for the first week after surgery. You should also purchase calcium (1500mg) supplements and take as directed. This will help heal the fracture.
2. Keep the incision clean and dry. You may shower with a plastic bag or plastic wrap around the cast to keep it from getting wet. Surgical supply stores carry such plastic wraps for keeping an extremity dry after surgery.
3. Keep the leg elevated above your heart as much as possible in the next 2-3 weeks to alleviate swelling.
4. Do not stand on your operated ankle.
5. It is also normal to develop a low-grade fever after surgery (up to 100.5).
6. You should contact our office if you develop significant drainage from the surgical incision, redness, or fever above 101.5.
7. You may experience some low back pain due to muscle spasms from the epidural anesthesia. If so, apply a heating pad to the area and take Tylenol. If the discomfort persists or if you develop severe headache, contact our office.
8. You should be able to wiggle your toes and they should look pink. If there is any blue discoloration, call the office.
9. Pain is expected, but the narcotic pain medicine is usually adequate in relieving discomfort. If you are having severe pain that is not reduced to a tolerable level by the medicine, call the office.

ACTIVITY GUIDELINE:

Do not put weight on the foot. Use crutches to move around.

Postoperative Office Appointments:

- #1: 5-7 days for wound inspection, cast change and X-ray
- #2: 2 weeks for suture removal
- #3: 6-8 weeks for X-ray and therapy instruction
- #4: 12 weeks for X-ray and evaluation of progress
- #5: 6 months for your final evaluation

Please call our office if you have any further questions.