



OrthoTeam Clinic

Ashish M. Rawal, M.D.

2 Science Court, Madison, WI 53711

900 Ridge Street, Stoughton, WI 53589.

Telephone: 608-231-3410 Fax: 608-231-3430

Post-Operative Instructions: Ankle Fracture ORIF

DIET

- Begin with clear liquids and light foods (Jello, soups, etc.)
- Progress to your normal diet if you are not nauseated.

WOUND CARE

- Please keep splint and dressing in place and do not remove. They will be changed at the first follow-up appointment when your sutures are removed.
- You will need to place a bag over the splint to keep dry while showering. If the splint becomes wet, please call Dr. Rawal's office for further instructions.

MEDICATIONS

Prescribed Narcotics:

- This medication may be taken as needed for pain as directed on the bottle.
- Do not drive or drink alcohol while taking this medication.

Acetaminophen (Tylenol)/OTC Anti-inflammatory medication (Ibuprofen or Aleve)

- This medications may be taken as needed.
- Please use as directed on the bottle.
- Do not exceed 4,000 mg of Acetaminophen in a 24 hour period.

Blood thinner:

- Please take blood thinner as directed. Most patients are prescribed a daily Aspirin for four weeks after surgery. It is important to take as prescribed to help prevent blood clots.

Stool softener:

- We recommend picking up an over the counter stool softer such as MiraLax, as a common side effect of narcotic pain medication is constipation.
- It is normal to take several days to make a bowel movement after surgery.
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.

ACTIVITY

- When sleeping or resting, inclined positions (ie: reclining chair) are favorable to help reduce swelling in your leg. Try to elevate your ankle above the level of your heart. Avoid placing a pillow only under your knee as this can cut off circulation.
- Do not engage in activities which increase pain/swelling.
- Avoid long periods of sitting or long distance traveling for 2 weeks.
- NO driving until instructed otherwise by physician.
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable.
- Do not put any weight through your leg for 4 weeks. Use crutches or a walker for ambulating.
- You may wiggle your toes.

PHYSICAL THERAPY

- Physical therapy is usually ordered at your first post-operative visit to start 4 weeks out from your surgery



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EMERGENCIES

Contact our office at (608) 231-3410, if any of the following are present:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
- Color change in toes/foot
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain
- If you have an emergency that requires immediate attention proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled or if you need to change the appointment, please contact our scheduler at 608-231-3410 to schedule.
- Your first post-operative appointment will be scheduled with one of the Physician Assistants, for a wound check, physical therapy protocol and to answer any further questions you have regarding the procedure
- Typically the first post-operative appointment is made for 10-14 days following surgery for suture removal if you have any sutures in place.