



Post Surgery Instructions *Ankle Fracture Surgery*

General Treatment Facts

- The goal of this surgery is to return you to full strength and stability in the shortest amount of time.
- This surgery will repair the broken ankle bones using plates and screws to ensure proper alignment.
- You will NOT be able to bear weight on the ankle for 6 weeks after surgery. If you have surgery on your right ankle, you will not be able to drive for 6 weeks after surgery.
- You will be in a plaster splint for the first 2 weeks after surgery. Afterwards, you will be placed in a boot, but will still need to remain non-weightbearing with the use of crutches, Roll-A-Bout knee scooter, or wheelchair.
- Sports involving cutting movements (i.e. racquetball, soccer, tennis, etc.), ballistic movements, or strenuous running will not be permitted for 3-4 months.

Post Surgery Course

Day 1

- The ankle will be wrapped in a plaster splint with lots of padding and a removable bandage. If for any reason your splint is uncomfortable or too tight, remove the ace wrap, loosen padding, and re-apply to your comfort level.
- It is important to ice and elevate the ankle, take pain medication, and rest as needed.
- No weight bearing on injured ankle is permitted.
- Do not get the splint wet.

Day 4

- Pain should improve after the 3rd day. If your pain has worsened since day 3 or you have a fever and/or chills, please call our office.
- Wiggle toes in splint as tolerated.
- Perform isometric calf contractions.
- Work the knee, hip, and upper extremities.

2 weeks (approximately)

- First post-operative visit.
- Your splint will be taken off and your sutures will be removed.
- You will be placed in a boot with your ankle in a neutral position. You do not need to sleep in the boot.

- Begin drawing the alphabet with the foot out of the boot.
- Begin inversion, eversion, and toe crunch exercises with towel out of the boot.
- If the incision is healing well, you may get the ankle wet in the shower 2-3 days after your first post-operative visit.

3 weeks

- If the incision is healed, you may submerge the ankle under water.
- Gentle exercise on a stationary bike is permitted while wearing the boot.

6 weeks

- May progress to full weight bearing on the ankle as tolerated. Add 20 lbs every other day until you are full weight bearing.
- Wean off the crutches or Roll-A-Bout scooter.
- Dr. Dekker may recommend physical therapy. Start physical therapy (may vary).

3 months

- Wean out of the boot (may vary).
- You may be given a lace up ankle brace to wear during long periods of walking and exercise.
- Avoid walking on uneven or rocky terrain.
- Exercise on a stationary bike or elliptical is permitted without the boot.
- Light jogging and other exercise activities such as squatting and weight-lifting are permitted.
- Continue increasing your activity as tolerated.
- Gradual return to play and normal exercise routine as tolerated.