



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 be unable to bear weight on the operated ankle for six weeks. If you have surgery on your right ankle, you will not be able to drive for six weeks after surgery.
- You will be in a plaster splint for the first 10-14 days after surgery. Afterwards, you will be placed in a boot, but will still need to be non-weightbearing with the use of crutches, Roll-A-Bout knee scooter, or wheelchair for at least 6 weeks total.
- 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.
- Expect numbness in the ankle for 4-12 hours, and then anticipate the onset of pain.
- 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 and move foot around in splint as tolerated.
- Perform isometric calf contractions.
- Work the knee, hip, and upper extremities.

Day 14 (approximately)

- First post-operative visit in the office.
- 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 to prevent a large amount of range of motion. You do not need to sleep in the boot.
- Begin to do deep knee bends out of the boot 5 times a day for 20 minutes each. This exercise is crucial in your recovery and is essential to regaining range of motion and strength of the ankle.
- Begin drawing the alphabet with the foot and ankle 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 in the boot.

6 weeks

- Progressively weight bearing in the boot as tolerated. Add 20 lbs every other day as tolerated until you are full weight bearing.
- Wean off the crutches or Roll-A-Bout scooter as tolerated.

3 months

- Wean out of the boot as tolerated (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.