



## **Post Surgery Instructions** ***Calcaneus (Heel Bone) 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 heel bone using screws and/or plates to ensure proper alignment.
- You will NOT be able to bear weight on the foot for at least 6 weeks after surgery. If you have surgery on your right foot, you will not be able to drive for 6 weeks after surgery.

### **Post Surgery Course**

#### **Day 1**

- The foot will be wrapped in a plaster splint with lots of padding and an elastic 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 foot, take pain medication, and rest as needed.
- No weight bearing on injured foot is permitted.
- Do not get the splint wet.

#### **Day 4**

- Pain should improve after the 3<sup>rd</sup> day. If your pain has worsened after day 3 or you have a fever and/or chills, please call the 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. You do not need to sleep in the boot.
- You should remove the boot daily and perform basic ankle range of motion exercises in order to stretch the Achilles tendon and prevent ankle stiffness.
- If the incision is healing well, you may begin to get the ankle wet in the shower 2-3 days after your 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**

- If instructed by Dr. Dekker, you may progress your weight bearing to full weight bearing in the boot. Add 20 lbs every other day as tolerated until you are full weight bearing.
- Wean off of crutches or Roll-A-Bout knee scooter as tolerated.
- Start physical therapy (may vary).

**3 months**

- 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 brace.
- Light jogging and other exercise activities, such as squatting and weight-lifting, are permitted.
- Continue to increase your activity as tolerated.