



## 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 be unable to bear weight on the operated foot for 6 weeks. If you have surgery on your right foot, you will not be able to drive for 6 weeks after surgery.
- You will be in a hard plaster splint for the first 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, a Roll-A-Bout knee scooter, or wheelchair for at least 6 weeks.

### Post Surgery Course

#### Day 1

- The foot 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 foot, 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 foot is permitted.
- Do not get the ankle or 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 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.
- You may remove the boot 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 postoperative 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 begin to progressively increase your 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.
- Begin physical therapy in the next 1-2 weeks.

### **3 months**

- Wean out of the boot as tolerated.
- 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.