



Post Surgery Instructions *High Ankle Sprain (Syndesmosis) 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 torn ligaments using a small plate and suture button devices to ensure proper alignment and healing. There may be broken bones that may also be repaired with plates and screws.
- You will not be able to bear weight on the operated ankle for 6 weeks. If you have surgery on your right ankle, you will not be able to drive for 6 weeks after surgery.
- 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.
- Expect numbness in the ankle for 12-24 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 office 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.

- Begin drawing the alphabet with the foot out of the boot. This will help prevent stiffness.
- 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

- Begin partial weight bearing in the boot. Add 20 lbs every other day as tolerated until you are full weight bearing.
- Once you are full weight bearing with minimal pain, wean out of the boot into a supportive sneaker. Generally, this takes anywhere between 2 and 6 weeks (may vary).
- Wean off crutches.

3 months

- You may be given a lace up ankle brace to wear during long periods of walking and/or 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.