

Post Surgery Instructions *Os Trigonum Excision*

General Facts

- The goal of this surgery is to eliminate pain and return you to athletics in the shortest amount of time.
- You will not be allowed to bear weight on the ankle for 2 weeks.

Post Surgery Course

Day 1

- The ankle will be wrapped in a soft cast with lots of padding. If for any reason your splint feels 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 until your first post-operative visit at the office.
- Do not get the ankle or soft cast 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 the office.
- Wiggle toes in splint as tolerated.

2 Weeks (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 walking boot and may weight bear as tolerated.
- Remove the boot 3 times a day to work on gentle ankle flexion and extension exercises.
- If the incision is healing well, you may 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.
- Remove the boot 3 times a day to work on ankle flexion and extension exercises.

6 Weeks

- Wean out of the boot and into a supportive tennis shoe.
- Most athletes resume running 4 to 6 weeks after the surgery.
- Start physical therapy (may vary).