

Home Instructions:

ORIF Ankle

Name:

Date of Surgery:

Follow-up Appointment:

1. **Dressings:** Your ankle is covered with a gauze dressing and splint that is wrapped in an ACE wrap. Keep the dressing clean and dry. Leave the dressing on. It will be changed on your first post-operative visit 10-14 days after surgery. If the dressing becomes soaked, call Dr. Sladicka's office to assist in changing it.

2. **Splint/Cast:** You will be placed into a splint for the first 2 weeks after surgery. As long as the wounds heal appropriately, you will be placed into a fiberglass cast between 10-14 days after surgery. DO NOT get the cast wet and DO NOT stick anything down the cast. For any itching, try Benadryl or blow cool air down the cast with a hair dryer. You will be in a cast for 6 weeks with cast changes every 2 weeks.

3. **Shower/Bathing:** You cannot get the cast wet. So showers or baths need to be taken with a plastic bag or wrap around the cast. If the cast gets soaked, you need to return to Dr. Sladicka's office to have it changed.

4. **Ice/Elevation:** Ice the ankle 4-5 times per day for only 20 minutes per session. Continue for 1 week after surgery. The ankle should be elevated above the heart when at rest. This will help with pain control.

5. **Meals:** The first meal after surgery should be light and liquid as nausea may occur with a full stomach in the first 10-12 hours.

6. **Activity:** When at rest, the ankle should be elevated at or above the level of your heart, such as on pillows while lying on the couch or a bed. You will be non-weight bearing on the ankle. You may, however, allow the splint or cast to rest on the ground. DO NOT put any weight through the foot.

7. **Crutches/Walker:** Walking will begin with a walker or crutches. If you feel safe with crutches, that is a good option

as well. A third option is a scooter which some find easier to use and places less stress across the shoulders.

8. Medications:

Pain Medication: Will be Norco or Percocet. Take 1-2 tablets every 6 hours as needed for pain. If you have no pain, do not take these pills.

Anti-inflammatory Medications: Examples include Aleve, Ibuprofen, etc...Do not take these medications for 2 weeks after surgery as they may delay fracture healing.

Antibiotic: Take as directed for 5 days after surgery.

9. Exercises: During the first few weeks after surgery, the following exercise should be done daily

Straight Leg Raises: While lying on your back, tighten the quadriceps muscles (thigh) to completely straighten the leg. While squeezing hard lift the straight leg off the floor or bed by 12 inches. Perform as many as 30 repetitions 3 times per day for the first week. This exercise helps prevent quadriceps atrophy and allows a quicker return to normal walking.

10. Smoking/Nicotine: If you happen to use any nicotine product, including e-cigarettes and chewing tobacco, try to refrain while your fracture heals. The nicotine causes a constriction in your blood vessels and is one of the main reasons for non-unions (non healing fractures).

11. Precautions: Excessive nausea, inability to take fluid or food, inability to urinate, fevers and chills, numbness lasting more than the initial 24 hours, or increasing pain after the first two days are reasons to call Dr. Sladicka's office at 828-324-2800.