

## Ankle Fracture Surgery Protocol

### Post Operative Planned Schedule:

#### Day of Surgery:

- Rest after arriving home, keep your leg elevated as much as possible
- Touchdown weight bearing which means you must use crutches or a walker to assist you at all times keeping as much weight off of the leg as possible

#### 1 Week Visit:

- Possibly get sutures out if directed by Dr. Mangone
- Continue touchdown weight bearing in a cast or boot

#### 3-4 Week Visit:

- Sutures out if not removed at 1 week visit, begin at home PT motion exercises
- Continue touchdown weight bearing in a boot, only removing for showering

#### 6 Week Visit:

- Possibly increase weight bearing to 50% or more in boot, if you have diabetes, or other medical conditions, may continue touchdown weight, begin formal therapy
- Still elevate intermittently, expect swelling regularly, and use ice prn
- Possibly transition into an ASO (lace up ankle brace), possibly increase weight

#### 12 Week Visit:

- Weightbearing as tolerated and wean towards footwear. Use ASO brace when up and about for another month, remove for shower/sleep.

#### 5-6 Month Visit- Final:

- Return to see Dr. Mangone for the final visit if needed. Discuss any problems, concerns, or questions at that time. Will be discharged from BRBJ care at this visit if no problems or concerns arise. After this surgery it may take you up to a full year to return to all activities, and have swelling and discomfort go down.

#### Extra Instructions:

- It is normal to have some drainage/bleeding on or through the bandage; pain is also to be expected. If you get a fever or red streaks up your leg call immediately.
- You will initially be in a splint made of plaster, padding, and an ACE wrap following the surgery. Do not remove this. If gets wet call our office.
- Showering: Only once in a removable boot, sitting, after approved. When in the splint or cast must keep dry, cover with a bag or sponge bath.
- Drive a car: (if R foot or manual transmission) Only when back to a normal shoe and you feel strong enough. If left foot wait at least a few weeks post op.
- Understand that your operative ankle may not look exactly like your other foot and will be different after the surgery, possibly having soreness or some swelling
- You may not be able to wear a normal shoe on a regular basis for up to three to five months due to residual swelling of the foot.
- You must follow these instructions to ensure proper healing and to reduce your risk of non-union or other problems.

I understand the post-operative plan and the risks of surgery. I will be compliant with these restrictions and work with Dr. Mangone's advice throughout my medical care.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_