

## BLUE RIDGE BONE & JOINT CLINIC, P.A.

129 McDOWELL STREET ASHEVILLE, NC 28801 PHONE (828) 258-8800  
75-B LIVINGSTON STREET ASHEVILLE, NC 28801 PHONE (828) 258-8800  
60 LIVINGSTON STREET ASHEVILLE, NC 28801 PHONE (828) 258-8800  
800 FLEMING STREET HENDERSONVILLE, NC 28791 PHONE (828) 698-4318

Pamela G Allen, MD  
Robert E. Boykin, MD  
Werner C Brooks, MD  
Craig M. Burnworth, MD  
Angelo C Cammarata, MD  
Stephen M David, MD  
Tally H Eddings, MD

Michael J Goebel, MD  
Gordon I Groh, MD  
Daniel W Hankley, MD  
Mark R Hedrick, MD  
John M Hicks, MD  
Jay C Jansen, MD  
James Karegeannes, MD

Edward G. Lilly, MD  
Peter G Mangone, MD  
David C Napoli, MD  
Paul L Saenger, MD  
Troy G. Schmidt, MD  
Michael P Shea, MD  
Myron W Smith, MD

---

Patient Name:  
SharedID:  
DOB:  
Date:

---

### Lateral Ligament Reconstruction Surgery 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

#### 1-2 Week Visit:

Possibly get sutures out if directed by Dr. Mangone  
Up to 50%WB in a cast using crutches or walker

#### 4 Week Visit:

Sutures out if not removed at 1 week visit  
Continue 50%WB until 4 weeks post op, then advance WBAT in boot or ASO brace

#### 6 Week Visit:

Continue to increase weight bearing and activity as tolerated, no high impact, in an ASO lace up ankle brace. Still elevate intermittently, expect swelling regularly, and use ice prn

#### 12 Week Visit:

Continue to increase activities as tolerated, taking is slowly. May progress to higher exercise and start slow running etc. Return to see Dr. Mangone for the final visit. 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.

Soak in a tub: 1-2 weeks after suture removal if approved by Dr. Mangone

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 function exactly like your other ankle and will be different after the surgery, and recovery takes time

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 complications.

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

Signed:\_\_\_\_\_ Date:\_\_\_\_\_.