

## **Ankle ORIF**

### **Home Care Instructions**

*Ankle fractures are unfortunately quite common. But with good healing and physical therapy, most patients regain all or most of their function. I ask that you try and adhere to the below recommendations to maximize the outcome you deserve!*

*-Michael C. Russonella, D.O.*

- Splint** Use crutches, as instructed. NON-WEIGHT-BEARING to the affected extremity. The boot or cast is in place to keep the joint safe but does not allow for safe weight-bearing. This is NOT a “walking cast”. Most patients are changed out to a boot at the first post-op visit.
- Activity and Diet** Go home and rest today. If you received sedation or general anesthesia, you may feel tired and drowsy. Therefore, you should not drive a car, operate any machinery, drink alcoholic beverages or make any legal decisions for 24 hours. If this is your right leg, you may not operate a motor vehicle until otherwise advised. Doing so will place you in the legal category of an “impaired driver” in the eyes of the law. If you received a local anesthetic, you may feel numbness that should gradually wear off.
- Pain Medication** All medication is sent electronically to your pharmacy an antibiotic (which you are required to take to prevent risk of infection) and a narcotic (if you are not comfortable taking the pain medication you may also take Tylenol 1-2 tablets every 4-6 hours as needed for pain). Please take pain medication with meal. You may come off the prescription pain medication when you feel comfortable. Resume other home medication as per usual regimen.  
**\*\*If your procedure included a PRP Injection: It is critical to avoid anti-inflammatory medications including Advil, Aleve, Aspirin, Celebrex, Ibuprofen, and Motrin.**  
The pain medication may cause constipation; drink plenty of fluids, apple juice and prune juice as needed. You can also use Colace 100mg by mouth twice a day. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold over the counter at any pharmacy.
- Wound Care and Showering** Keep affected foot elevated higher than the heart when possible. This will help greatly with swelling and pain. Keep the dressing/cast clean and dry. If it becomes wet or soiled, report to the office for a cast change. Leaving a wet or soiled cast in place can predispose to infection. Cast/splint will be removed, and dressing changed at your first post-op visit. **APPLY ICE NOT HEAT!** Heat will increase pain/swelling.
- Return Visit** The office will call you to schedule your post-operative appointments.
- Emergency** Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.  
**\*\* If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. \*\***