

Post-Operative Instructions: Foot/Ankle Fracture and/or Ligament Repair

Coming Home

- Keep your foot and ankle elevated as much as possible for the first 72 hours after surgery. It is recommended to sleep on your back with pillows under the foot during this time.
- Avoid putting any weight down on the operative foot/ankle. Use crutches, walker, wheelchair, or a rolling knee scooter to move around.

Dressings/Hygiene

- Keep your dressings dry and intact. They will be removed in the office at your first visit.
- Use sponge baths to wash. Avoid showering as it risks contaminating your dressings.
- If you have been placed in a **splint** (hard undersurface over-wrapped with ace bandages):
 - Do not remove the splint. It will be removed in the office.
- If you have been placed in a **fracture boot**:
 - The boot straps may be loosened for comfort when you are at rest.
 - Make sure your heel stays down against the sole of the boot.
 - You should wear the boot essentially full-time, even when sleeping.
 - Starting one week after surgery, you may briefly remove the boot a few times a day to work on gentle ankle range of motion. Then, put the boot back on with your heel all the way down on the flat sole at the bottom of the boot. Do not remove the dressings.

Medications

- **Aspirin / Rivaroxaban (Xarelto) / Enoxaparin (Lovenox)**: You have been prescribed one of these medications to help lower the risk of blood clots. It is important to take the full amount of medication as directed. The over-the-counter aspirin dose is 325 mg daily for 30 days.
- **Acetaminophen (Tylenol)**: This medication helps with pain. It should be taken on a scheduled basis (1000 mg every 8 hours) for as long as needed.
- **Oxycodone / Tramadol / Hydrocodone**: These are narcotic medications that can be taken as needed for pain control. You should taper off and discontinue these medications as soon as you feel you no longer need them.
- **Meloxicam / Ibuprofen**: These are anti-inflammatory medications that help with pain and swelling. You should take the medication as prescribed on a scheduled basis at least until you are off narcotic pain medication. You may keep taking the anti-inflammatory for as long as it is required to manage your pain, but it should not be taken longer than necessary.
- **Gabapentin**: This medication helps diminish pain signals along the sensory nerves. It should be taken as prescribed on a scheduled basis at least until you are off narcotic pain medication. You may keep taking the gabapentin for as long as it is beneficial.

Follow-up and Contacts

- Your first post-operative visit has likely already been scheduled, typically in about 2 weeks.
- Physical therapy may be recommended. Dr. Gross will review this with you at your follow-up visit.
- If you have any questions or concerns, please do not hesitate to call:

Laura Cook, MA (303) 607-6348

Main Office (303) 449-2730