

## POST-OPERATIVE INSTRUCTIONS ANKLE SURGERY

Dr. Steven E. Flores

### MEDICATION

- One of three pain medications, Norco (hydrocodone), Ultram, or Tylenol #3 will be prescribed to you. Take as instructed and as needed.
  - Pain medication may cause constipation. You may take an over the counter stool softener (Colace, Senekot, etc) to help prevent this problem.
  - You should take these medicines with food or they may nauseate you.
  - You may not drive or operate heavy equipment while on narcotics
- DO NOT take any medication with advil or ibuprofen for a minimum of 2 weeks (6 weeks for fractures) unless approved by Dr. Flores as this may impair tissue healing.
- A sleeping pill may also be given, take as needed.
- **Resume all home medications unless otherwise instructed.**
- Call immediately to the office (713-486-7550) if you are having an adverse reaction to the medicine.

### WOUND CARE

- If you are in a splint, do not remove or unwrap bandages.
- The incisions may not get wet until after your first post-operative visit
- To shower or bath with your bandages still on, wrap the leg in a large plastic garbage bag with tape at both ends. After you remove your bandages, wrap with plastic wrap or continue to use the bag.
- NO submersion of wounds (bath, hot tub, pool) is allowed until a minimum of 3 weeks after surgery.

### CRUTCHES

- Crutches will be needed until you are instructed to put weight on the leg.
- It is important not to begin to bear weight until instructed.

### ACTIVITY

- Keep the leg elevated for several days to help with swelling.
- Depending on your limitations after surgery, several exercises will be beneficial for you at home: quad sets, ankle pumps, and straight leg raises will be demonstrated to you after surgery and should be done 3-4 times a day.
- Being up and around after surgery will help diminish the risk of blood clots.

## **COLD THERAPY**

- Ice or cryo-cuff (if covered by insurance) should be used for comfort and swelling. Use it at least 20 minutes at a time. Many patients use it an hour on then an hour off while awake for the first day or two.
- **Never apply directly to exposed skin. Place a dish-towel or t-shirt between your skin and the ice or cryo-cuff.**
- After the two days, use 20-30 minutes every 3-4 hours if possible.

## **BRUISING**

- If you experience severe calf pain and swelling, call the office immediately.

## **EMERGENCIES**

- If you have an emergency contact Dr. Flores's office at 713-486-7550 and he will be contacted.
- Contact the office if you notice any of the following:
  - Uncontrolled nausea or vomiting, reaction to medication, inability to urinate, fever greater than 101.5 (low grade fever 1-2 days after surgery is normal), severe pain not relieved by pain medication, redness or continued drainage around incisions (a small amount is normal).
- **If you are having chest pain or difficulty breathing, call 911 or go to the closest emergency room.**

## **FOLLOW UP APPOINTMENT**

- Please make your first post-op visit 10-14 after surgery if not done so already.
- **If you have any questions, please call Claudia at 713-486-7550.**