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Ankle Surgery Instructions

Dane Todd, MD

1. **Elevate and Ice** the ankle for 72 hours after surgery. The ankle should be at or above the level of your heart.
2. **Pain Control** – You will be sent home with a prescription for pain medication. Take it according to the instructions on the prescription. Pain can cause constipation, so be sure to drink plenty of fluids and use an over the counter stool softener (i.e. Miralax) to help prevent this. You may take Tylenol (acetaminophen) instead of the prescribed medication. However, make sure you do not take more than 3,000 milligrams (3 grams) of Tylenol (acetaminophen) in any 24 hour period.
3. **Cast/Splint** – Keep the cast or splint clean and dry at all times. Do not insert any objects into your cast/splint to relieve itching as this can cause scratches in the skin that can become infected. If you are having itching try taking Benadryl (diphenhydramine) or striking the sides of the cast/splint gently with a wooden spoon. If you have increased pain or pressure call our office.
4. **Bathing** – Keep your cast/splint dry at all times. You may sponge bathe or shower, but must cover the cast/splint with sealed plastic. If it becomes wet, contact the office.
5. **Driving** – If your surgery was on your LEFT ankle you may drive once you are completely off all pain medications and feel comfortable doing so. If your surgery was on your RIGHT ankle you cannot return to driving until 9 weeks after surgery and you are off all pain medications.

Questions please call: # 402-488-3322
Fax: 402-488-3336

Patient Name: _____

Surgery Date: _____

Surgery Performed (circled) Side (circled): Right Left
ORIF Lateral Malleolus
ORIF Medial Malleolus
Syndesmosis Fixation

Weight Bearing Status (circled) –
Full Touch-down Partial (____%) Non

Notes: _____