



Orthopedics & Sports Medicine
4 West Street
West Hatfield, MA 01088
413-586-8200

Ankle Fracture Postoperative Instructions

1. Medication

- Pain control – A prescription will be given to you with your discharge instructions. Take medications as directed. Narcotic medications tend to slow the bowels. Colace is a stool softener that can be purchased over the counter and can be taken twice a day to help alleviate these symptoms.
- Blood clot prevention – A daily aspirin will help prevent blood clots in the leg. Take one regular aspirin (325 mg) every morning for 2 weeks after surgery, if you are not allergic or prohibited by your regular doctor. You should wear the anti-embolic stocking for 2 days after surgery.

2. Splint/wound care

- Keep your foot elevated (above your heart) and your knee bent. This will alleviate the swelling and take pressure off of your ankle.
- Keep the splint dry.
- Do not bear any weight on your leg unless instructed otherwise.
- Make sure that you are comfortable using your crutches before you leave the hospital.
- If there is a problem with the splint, call the office and someone will be able to help you.
- Your splint will be removed and replaced when you come in for your follow-up appointment in 10-14 days. At that point we will look at the wounds and most likely remove stitches or staples.

3. Follow-up appointment

Please call the office shortly after surgery to make a follow-up appointment for about 10-14 days after surgery. At this appointment, we will:

- change your dressings, and place you in the appropriate cast/splint/boot/shoe.
- discuss your surgery, and your therapeutic goals and course.

4. Problems

If you have any urgent concerns or questions, please call the office. Your surgeon or the physician on call will get back to you as soon as possible.