



CONNECTICUT
CENTER FOR
ORTHOPEDIC
SURGERY, LLC

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Orthopedic Surgeon

www.OrthoOnTheWeb.com

Patient Name _____

Date _____

ANKLE HARDWARE REMOVAL POSTOPERATIVE INSTRUCTIONS

Activity: After your ankle hardware removal, you should be given crutches (or you may use a walker). These can be used to help you walk after surgery if you need them. If you can walk without the crutches or walker, you are encouraged to do so. Elevation of the leg above your heart is important to help reduce the leg swelling. Wiggle your toes as often as possible to minimize stiffness. Use ice packs on the ankle for the first 24-48 hours after surgery. Apply the ice as frequently as needed after surgery. You can usually resume activity as tolerated after surgery unless I have specified otherwise.

Dressings: The post op dressing should be maintained for 48 hours, but may then be removed. You can shower and get the incision wet. Do not soak the wound in bath water. After showering, clean the wound with rubbing alcohol, allow it to dry, then cover with a large Band-Aid. If there are sutures or paper strips covering the wound, protect them until you are seen in the office.

Medications: You may resume your normal medications that you took prior to surgery. If you are able to tolerate aspirin, take one tablet (325 mg) daily until you have resumed normal activity or are seen in the office. Your prescription for pain medication should be filled after you leave the Ambulatory Surgery Center. Medication refills will only be done by me or my office during the week from 8am - 4pm. Narcotic pain medications will not be refilled after 4 pm or on the weekends.

Plan ahead.

Medications for postoperative pain are as follows: _____ 1-2 pills every 4 hours if you have pain.

If you are **not** taking the above narcotic medications, you may take Extra-Strength Tylenol as directed on the label. You may also take over-the-counter anti-inflammatory medications such as Advil or Aleve if you know you can tolerate these medications. **Once the nerve block begins to wear off, start you pain medicine.**

Follow up: Make an appointment to be seen approximately 10 days after surgery. I will discuss the procedure and the findings during surgery at this visit. X-rays will be taken at that visit to ensure that the fracture has not slipped after hardware removal.

Precautions: Complications from surgery can occur and should be identified and treated early.

Phlebitis: This is a blood clot in the leg. These symptoms include calf pain (i.e.: cramps or a "Charlie horse") in the leg.

If a clot goes to you lung, symptoms include chest pain and shortness of breath. Phlebitis is a serious complication if it is undiagnosed or untreated, therefore you should call the office immediately if you have any of these complaints.

A temperature over 101 degrees.

Numbness, pins and needles, and extreme pain not relieved by the medication provided should prompt you to call the office.

CALL THE OFFICE OR EMERGENCY ROOM IF ANY OF THE ABOVE PROBLEMS OCCUR.

If you have any questions or problems, please call the office. The office is open Monday through Friday from 9:00am to 5:00pm and can be reached at 860-649-2267.

For emergencies, you should call this number and talk with me or the covering doctor.