

Dr. Ball Ankle ORIF

What to Expect/Activity

- It is normal to have some discomfort in your operative leg for several days.
- For the first 2-3 days, use ice around the ankle to help reduce pain and swelling. Use for 20-30 minutes every 1-2 hours for 48 hours, while awake.
- Elevate your surgical leg by placing one or two pillows underneath your calf to help reduce swelling. Please make sure the heel of your splint is not directly resting on the pillow or other surface and “float the heel.” (see diagram).
- You are **non-weight bearing** to your operative leg. Use crutches, walker and/or knee scooter for ambulation.

Dressing/Wound Care/Bathing

- Leave your splint in place until follow up.
- Do not stick anything down your splint to itch. Benadryl and ice can help alleviate itching.
- When showering please wrap the splint in either a cast bag or trash bag secured to prevent the splint from getting wet. Do not submerge. Please call the office if the splint becomes wet or dirty.
- No baths, swimming or submerging until discussed at your follow-up appointment.

Pain Management/Medications

- You may resume your usual medications.
- You have been provided a prescription for narcotic pain medication. This is to be used only as needed for breakthrough pain that is not controlled with over-the-counter pain medication.
- Please take the following medications:
 - Take Aspirin 325 mg daily for 14 days (blood clot prevention) unless prescribed alternative anticoagulation medication.
 - Tylenol/acetaminophen – according to bottle instructions; alternate with Ibuprofen (Advil, Motrin) or other NSAID– according to bottle instructions
 - Keflex 500 mg – take 1 pill four times daily for 3 days
- While taking your narcotic medication, an over-the-counter stool softener may be helpful to prevent constipation. Please consider taking Peri-Colace twice daily while taking this medication.

Follow up/Call if:

- The findings of your surgery will be explained to you and your family immediately after surgery. However, in the post-operative period, during recovery from anesthesia you may not fully remember or fully understand what was said. This will be discussed again when you return for your post-op appointment.
- Please contact Dr. Ball's office if you experience the following:
 - Excessive bleeding (bleeding through your dressing)
 - Fever greater than 101 degrees F
 - Persistent nausea or vomiting
 - Decreased sensation or discoloration of the operative limb
 - Pain or swelling that is getting worse and not better with medication

Dr. Ball's Office Contact:

- Locations and Contact:
 - 1349 S. Rochester Road, Suite 205, Rochester Hills, MI 48307
 - (248)-239-5300
- More Information about your surgery available at my website
 - www.drguyball.com