

After Your Ankle Fracture Surgery

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a bulky splint on your ankle to hold it in a good position
- Leave the splint in place until follow up
 - You must cover the splint for showering to keep it dry
- Call our office at 308-865-2570 if something happens to your splint

Medications

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication, such as hydrocodone and oxycodone, to control your pain after surgery
- Aspirin will be prescribed for 2 weeks after surgery to decrease the risk of blood clots unless you are already on a strong blood thinner. Take the full 2 weeks

Activity

- No weight bearing is allowed on your injured ankle
 - Crutches, a walker, or a knee scooter are options to help keep weight off the ankle
- Moving your hip, knee, and toes is encouraged

Follow-Up Care

- You will have an appointment in clinic 14-18 days after surgery to remove sutures or staples
 - Additional appointments are at 6 weeks and 10 weeks after surgery
- Weight-bearing is avoided until at least 6 weeks after surgery
 - Restrictions may extend longer if ligaments are damaged or the bone is weaker
- Physical therapy is begun at the first post-op visit

Results

- It takes at least 6 weeks for the fracture to heal
- Pain and soreness can remain for months afterwards
- Most of the time plate removal is not necessary