

Ankle Ligament Repair

Home Care Instructions

- Splint** You will go home with a splint/orthotic on your leg and foot. As much as possible, keep your foot elevated higher than your heart and move your toes up and down to control swelling. When walking use crutches. DO NOT place any weight on the operative extremity.
- Activity and Diet** No strenuous activities until surgically cleared. Start out with liquids and progress to your regular diet as tolerated. Drink lots of decaffeinated liquids. DO NOT consume any alcohol or drive if you are using narcotics.
- Ice** An excellent source of relief of pain, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. You may continue to use ice several weeks following surgery.
- Pain Medication** All medication is sent electronically to your pharmacy an antibiotic (which you are required to take to prevent risk of infection) and a narcotic (if you are not comfortable taking the pain medication you may also take Tylenol 1-2 tablets every 4-6 hours as needed for pain). Please take pain medication with meal. You may come off the prescription pain medication when you feel comfortable. Resume other home medication as per usual regimen.
****If your procedure included a PRP Injection: It is critical to avoid anti-inflammatory medications including Advil, Aleve, Aspirin, Celebrex, Ibuprofen, and Motrin.**
The pain medication may cause constipation; drink plenty of fluids, apple juice and prune juice as needed. You can also use Colace 100mg by mouth twice a day. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold over the counter at any pharmacy.
- Wound Care and Showering** Keep your dressings on until your first post-operative visit. Do not change your dressings. Keep all of your dressings clean and dry. Dr. Russonella will tell you when you can remove your dressing. If there are Steri-Strips™ on your wound, leave them alone. You may shower (running water is okay), but do not soak your foot.
- Return Visit** The office will call you to schedule your post-operative appointments.
- Emergency** Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.

**** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. ****