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PATIENT DISCHARGE INSTRUCTIONS ANKLE SURGERY

The following is an outline of instructions and information for post-operative ankle surgery. Although you may have been told different information from friends or others, please follow these instructions specifically and if you have any questions, contact Dr. Badman. These instructions pertain to most ankle surgery procedures. If your particular procedure and instructions differ you will be appropriately informed by Dr. Badman.

Pain and Swelling:

It is normal to have pain and swelling in your ankle after surgery. The swelling may last 6-8 weeks and the pain is variable. Acute pain, however, usually is relieved after the first 3-7 days after surgery. It is normal to even see some bruising up to your calf and ankle. Take your oral pain medication as directed for pain. If you have severe pain and swelling or redness in your calf that persists you should contact Dr. Badman. Swelling and pain can be minimized by doing the following:

- 1) Elevate your leg so it is above the level of your heart (i.e. if you are sitting, prop your ankle up on several pillows).
- 2) Your toes are not included in the splint on purpose. Flex and extend your toes as much as possible and this will help minimize swelling and reduce the risk of blood clots.
- 3) The anesthesiologist may have given you a nerve block (an injection in your groin or leg), to numb your leg and foot. This is to help control your pain. Therefore, it is normal to experience some numbness and tingling in your leg and foot up to approximately 18 hours after surgery.

******DO NOT WAIT FOR THE BLOCK TO WEAR OFF TO START YOUR PAIN MEDICATIONS. IT IS RECOMMENDED THAT YOU START THESE IMMEDIATELY WHEN YOU GET HOME TO AVOID A PERIOD OF UNCOMFORTABLENESS**

Dressing Care:

Keep your dressing/splint clean and dry. There may be some bloody spotting on the dressing initially; this is normal. Excessive bleeding that soaks the dressing must be reported to Dr. Badman. If the dressing is instructed to be changed do not apply anything to the wound (ointments, etc) and only place clean dressing over.

___ Do not change dressing

___ Remove dressing in 3 days and apply clean dressing daily until f/u

Bathing:

Keep dressing/splint dry at all times. You may shower with a plastic bag covering your dressing or you may wrap it with Glad Press and Seal. Do not soak in water such as a bathtub, hot tub or swimming pool x 4 weeks or till instructed by Dr. Badman.

Activity/Weight Bearing:

Left/ Right Leg

____ Full weight bearing as tolerated ____ Partial weight bearing ____ Non weight bearing
____ w/Crutches

Diet:

Clear liquids and advance as tolerated.

Driving:

Do not drive unless cleared by Dr. Badman. You must be able to comfortably use the break and gas pedal and be off all pain medication in general before you can be cleared to drive. As a general rule, if you are in a cast or splint it is not advisable to drive.

Medications:

Pain: ____ Norco 7.5/325 1-2 every 4-6 hours as needed ____ Percocet 5/325 1-2 every 4-6 hours as needed

Nausea: Phenergan 25mg every 6-8 hours as needed

Gradually wean to extra strength Tylenol as needed for pain.

Warnings:

Notify Dr. Badman immediately if any of the following occur:

- **Excessive bleeding**
- **Excessive non-bloody wound drainage beyond the first 3-4 days**
- **Poor pain control**
- **Numbness or tingling of the foot not related to bruising**
- **Fever > 101.5°F after postoperative day #3**
- **Increased redness along incision**
- **Calf pain or swelling**
- **Any other concerns /questions**

Follow Up with Dr. Badman as scheduled on your appointment card. If you are not provided a time please call 317-745-5403 schedule a follow-up appointment.