



Vipul Dua M.D., LLC  
www.drVIPULduaorthopedics.com

## ANKLE TENDON REPAIR/ LIGAMENT RECONSTRUCTION

Following your ankle reconstruction surgery, you will be discharged home the same day.

### Activity

You will not bear weight on the operative extremity following your procedure. Crutches will be necessary to help you ambulate. Walking is encouraged in addition to performing ankle pump exercises. For the operative ankle, wiggle your toes while you're in the splint. Strict elevation of the lower extremity above the level of the heart, in addition to frequent application of ice, is advised for the first 48 hours.

### Dressing

A splint will remain in place until your follow up visit two weeks after surgery. The length of time you will need to remain immobilized depends on how the surgical repair went and how you're recovering. **Do not get the splint wet!** If the splint becomes wet, contact the office immediately. Once the splint is removed, you will be placed in a cast or walking boot. Do not remove the steri-strips directly over your incisions. Allow these strips to fall off on their own. You may shower and get the incisions wet once you are out of the splint. Avoid using creams, lotions, and other topical products on the incision until it is completely healed.

### Deep Vein Thrombosis Prevention

Getting up to walk with your crutches is encouraged. When you are not ambulating, it is beneficial to perform ankle pump exercises frequently. For the operative ankle, wiggle your toes while you're in the splint. Swelling is expected so be sure to strictly elevate the leg above the level of the heart for the first 48 hours.

### Driving

You may begin driving as soon as you regain strength in the ankle to step on the gas/break pedals easily. You cannot drive while wearing the splint/cast/boot. If the surgical repair is on the left you may begin driving an automatic vehicle sooner. Do not take narcotic pain medication prior to driving!

### Work

Timing for returning to work will depend on the field of work you're in. Everyone recovers differently so we will determine appropriate return to work dates for your situation.

### Pain Management

You will be provided with pain medication prescriptions at your pre-op appointment. It is important that you stay on top of your pain and take the medications as directed. If you need a refill of your pain medications call the office ahead of time. Please allow us 24-48 hours to complete your request. Prescriptions will only be filled during normal business hours. Narcotics cannot be called into the pharmacy so you will need to pick up a prescription at the office.

*Please call the office immediately if you develop any of the following worrisome symptoms:* High spiking fevers >101 degrees Fahrenheit, chest pain, shortness of breath, severe uncontrolled pain, calf swelling/tenderness, spreading redness around incision, drainage from incision, or inability to move extremity. If you experience these symptoms outside of normal business hours, the office will connect you to the physician on call.