








**Robert A. Keller, MD**

Sports Medicine and Arthroscopic Surgery  
Orthopedic Surgeon



-  Book an Appointment
-  Hickory: (828) 322-5172
-  Lincolnton: (704) 732-4064
-  Boone: (828) 264-1100
-  [kellersportsmed@gmail.com](mailto:kellersportsmed@gmail.com)

# Post-Operative Instructions

## *Ankle ORIF*

Medications

Wound Care

Activity

Brace

Weight-Bearing

Exercises

Contact Information

## Medications

- After your surgery and as you begin your medication regimen, start with clear liquids and light foods (jello, soup, etc). If you are not nauseated, you may progress to your normal diet.
- A pain catheter was placed into your leg before your surgery. This can wear off in 8-12 hours or can last for a few days.
- The pain medications you were given act on different pain receptors – these should be taken as directed on the bottle starting the day of your surgery until they are gone, with one exception: Oxycodone should only be taken if the other medications are not relieving your pain. You will find an attached medication calendar to follow as an example.
- Primary Medications:
  - 1. **Acetaminophen (Tylenol) 1,000mg**: Take (2) 500mg tablets every 8 hours scheduled [Rx for 60 (500mg) tablets]
  - 2. **Aspirin 81mg**: Take one tablet twice a day for one week for blood clot prevention [Rx for 14 (81mg) tablets]
  - 3. **Tramadol (Ultram) 50mg**: Take one tablet every 8 hours scheduled [Rx for 15 (50mg) tablets]
  - 4. **Diclofenac 75mg**: Take one tablet twice a day scheduled [Rx for 30 (75mg) tablets]
    - Alternative: Meloxicam (Mobic) 15mg daily [Rx for 15 (15mg) tablets]
  - 5. **Gabapentin (Neurontin) 200mg**: Take (2) 100mg tablets every 8 hours scheduled [Rx for 30 (100mg) tablets]
    - Alternative: Pregabalin (Lyrica) 50 mg every 12 hours scheduled [Rx for 30 (50mg) tablets]

----- Take medications above as scheduled until they are gone-----
  - 6. **Oxycodone 5 mg**: Take 1-2 tablets every 4 hours as needed [Rx for 10 (5mg) tablets]
    - **Only take this medication if the other scheduled pain medications are not adequately controlling your pain.**
- Common side effects of Oxycodone include nausea, drowsiness and constipation. To decrease these side effects, take with food. If constipation occurs, consider taking an over the counter laxative.
- If you are having a problem with nausea and vomiting please take one of your anti-nausea medications – **Zofran**. If you are still having issues, please call our office for a possible medication change.

## Wound Care

- You will be in a splint following surgery. Keep your splint clean, dry and intact. You will have to put a bag over your splint when bathing to prevent it from getting wet.

## Activity

### **Weight-Bearing:**

- Use crutches to assist with walking as needed – you CANNOT PUT WEIGHT on your operative leg until further instructed by Dr. Keller.

### **Elevation/Ice Therapy:**

- Elevate the operative leg above chest level whenever possible to decrease swelling.
- Use ice every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep leg elevated to the level of the chest when icing.

# Contact Information

## **Emergencies:**

- Contact Dr. Keller if any are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (>101) or chills (it is normal to have a low-grade fever after surgery)
  - Redness around the incision
  - Color change in toes or feet
  - Continuous draining/bleeding from the incision (small amounts are completely normal)
  - Difficulty breathing
  - Excessive nausea

\*\*\*If you have an emergency please contact Dr. Keller before going to a hospital or emergency room.

## **Follow-up Care/Questions:**

- If you do not already have a post-operative appointment, please call and make an appointment 7-10 days after surgery.
- Surgical Coordinators/Administrative Assistants:
  - **Loretta Atkinson– (828)- 624-1631**

**For post-operative questions and concerns, please contact the office at:**






- **Hickory: (828)-322-5272**
- **Lincolnton: (704) 732- 4064**
- **Boone: (828)-264-1100**
- **Dr. Keller: email [kellersportsmed@gmail.com](mailto:kellersportsmed@gmail.com)**



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### Post-Operative Medication Schedule

<u>Surgery</u>	<u>Day #1</u>	<u>Day #2</u>	<u>Day #3</u>	<u>Day #4</u>	<u>Day #5</u>	<u>Day #6</u>
<p><b>AM</b> Surgery!</p> <p><b>PM</b> Tylenol 1,000mg Aspirin 81mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p>	<p><b>Breakfast</b> Tylenol 1,000mg Aspirin 81mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p><b>Lunch</b> Tylenol 1,000mg Tramadol 50mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p><b>Dinner</b> Tylenol 1,000mg Aspirin 81mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p>	<p><b>Breakfast</b> Tylenol 1,000mg Aspirin 81mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p><b>Lunch</b> Tylenol 1,000mg Tramadol 50mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p><b>Dinner</b> Tylenol 1,000mg Aspirin 81mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p>	<p><b>Breakfast</b> Tylenol 1,000mg Aspirin 81mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p><b>Lunch</b> Tylenol 1,000mg Tramadol 50mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p><b>Dinner</b> Tylenol 1,000mg Aspirin 81mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p>	<p><b>Breakfast</b> Tylenol 1,000mg Aspirin 81mg Diclofenac 75mg <i>(If needed: Tramadol 50mg &amp; Gabapentin 200mg)</i></p> <p><b>Lunch</b> Tylenol 1,000mg Aspirin 81mg <i>(If needed: Tramadol 50mg &amp; Gabapentin 200mg)</i></p> <p><b>Dinner</b> Tylenol 1,000mg Aspirin 81mg Diclofenac 75mg <i>(If needed: Tramadol 50mg &amp; Gabapentin 200mg)</i></p>	<p><b>Breakfast</b> Tylenol 1,000mg Aspirin 81mg Diclofenac 75mg <i>(If needed: Tramadol 50mg &amp; Gabapentin 200mg)</i></p> <p><b>Lunch</b> Tylenol 1,000mg <i>(If needed: Tramadol 50mg &amp; Gabapentin 200mg)</i></p> <p><b>Dinner</b> Tylenol 1,000mg Aspirin 81mg Diclofenac 75mg <i>(If needed: Tramadol 50mg &amp; Gabapentin 200mg)</i></p>	<p><b>AM</b> Tylenol 1,000mg Aspirin 81mg Diclofenac 75mg</p> <p><b>PM</b> Tylenol 1,000mg Aspirin 81mg Diclofenac 75mg</p>
*If nauseated, take 1-2 tablets of Zofran every 4-6 hours as needed			*If pain is controlled, discontinue Tramadol and Gabapentin			*Starting Day #7, continue Tylenol and Diclofenac until you run out of medication