



**Post-Operative Instructions:**  
**Ankle Open Reduction Internal Fixation**

**Diet:**

- Begin with clear liquids and light foods (jellos, soups, etc).
- Progress to your normal diet if you are not nauseated.

**Wound Care:**

- Maintain your splint, you may loosen the ACE bandages around the splint if you feel as if the splint is too tight.
- Your splint is to stay on until your first post-operative visit
- To avoid infection, keep your dressing and wound clean and dry – you may shower by placing a large garbage bag over your splint, starting the day after surgery – NO immersion of the operative leg in water (i.e. bath). DO NOT GET YOUR SPLINT WET. If your splint gets wet, you will have to come in to get it changed.

**Medications:**

- Pain medications were injected into your wound and during the surgery – this will wear off in 8-12 hours.
- Pain medications 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.
- Primary Medications:
  - 1. Acetaminophen (Tylenol) 1 g PO every 8 hours scheduled [Rx for 60 (500 mg) tablets]
  - 2. Tramadol (Ultram) 100 mg PO every 8 hours scheduled [Rx for 60 (50 mg) tablets]
  - 3. Meloxicam (Mobic) 15mg PO daily [Rx for 15 (15mg) tablets]
    - a. Alternative: Celecoxib1 (Celebrex) 200 mg PO every 12 hours scheduled [Rx for 15 (200mg) tablets]
  - 4. Gabapentin (Neurontin) 200mg every 8 hours [Rx for 45 (200mg) tablets]
    - a. Alternative: Pregabalin (Lyrica) 50 mg PO every 12 hours scheduled [Rx for 30 (50mg) tablets]

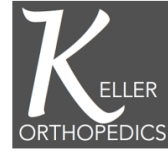
----- Take medications above as scheduled until they are gone-----

- 5. Oxycodone (OxyIR) 5 mg (1-2 pills) PO every 4 hours as needed (only as needed) [Rx for 30 (5mg) tablets] - Only take this medication if the other scheduled pain medications are not adequately controlling your pain.
- Common side effects of Oxycodone pain medication include nausea, drowsiness, 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 still having issues please call our office for a possible medication change.

**Activity:**

- You are to be NON-WEIGHT BEARING on your operative leg.

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- Elevate the operative leg to chest level whenever possible to decrease swelling.
- Do not place pillows under knees (ie do not maintain a knee in a flexed or bent position), but rather place pillows under foot/ankle.
- Use crutches to assist walking – you are to not place any weight on the operative leg unless otherwise instructed by Dr. Keller.
- Do not engage in activities which increase pain and swelling (prolonged standing or walking) over the first 7-10 days after your surgery.
- Avoid long periods of sitting (without your leg elevated) or long distance traveling for 2 weeks.
- No driving until instructed by Dr. Keller.
- May return to sedentary work ONLY or school in 3-4 days after surgery, if pain is tolerable.

#### **Ice Therapy:**

- Begin immediately after surgery. Place a large bag of ice over your splint. Avoid getting your splint wet.
- Use Ice every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep your ankle elevated to the level of the chest when icing.

#### **Exercise:**

- Formal physical therapy (PT) may be discussed during your first post-operative appointment.

#### **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
  - 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:**

- Please contact Katharyn Chernicky, Dr. Keller's assistant at 248-659-0190. OR email Dr. Keller at [RKeller@DL-Ortho.com](mailto:RKeller@DL-Ortho.com).
- If you do not already have a post-operative appointment, please call and schedule by calling 248-650-2400 and asking for appointment scheduling.