



Pinnacle Orthopaedics Ankle Fracture Discharge Instruction

GENERAL ANESTHESIA OR SEDATION

- Do not drive or operate machinery for at least 24 hours
- Do not consume alcohol, tranquilizers, sleeping medications, or any non prescribed medication for at least 48 hours
- Do not make important decisions or sign any important papers for at least the next 48 hours
- You should have someone with you at home tonight. Children may appear flushed for several hours after surgery

ACTIVITY

- You are advised to go directly home from the hospital. Restrict your activities and rest for the day. Resume light to normal activities tomorrow.
- On postoperative day 2, you will initiate the knee range of motion protocol. 4 times a day, you will bend your knee and work on full range of motion. This can be associated with breakfast, lunch, and dinner as well as shower time. **Do not get a stiff knee.**
- **Your ANKLE was repaired today.** You are to maintain your splint or boot 24 hours a day,

FLUIDS AND DIET

- Begin with clear liquids, bullion, dry toast, soda crackers. If not nauseated, you may go to a regular diet when you desire.
- Greasy and spicy foods are not advised for today.

MEDICATIONS

- Take over the counter medications such as Tylenol, Motrin, or aleve (unless contra-indicated) to help reduce postoperative pain and swelling.
- Prescriptions sent with you. Use as directed. When taking medications, you may experience dizziness or drowsiness.
- Do not drink alcohol or drive when you are taking these medications.
- You may resume your daily prescription medication schedule.

OPERATIVE SITE/ PROCEDURE

- Keep Splint and Dressing clean and dry. **DO NOT REMOVE YOUR SPLINT OR DRESSING..**

EXTREMITIES:

- Keep operative extremity elevated as much as possible to lessen swelling and discomfort.
- **Non weight bearing of operative extremity.**
- Use Crutches or Walker for ambulation assistance

NORMAL SIGNS/ SYMPTOMS POST PROCEDURE

- "Feelings" of tiredness / mild disorientation
- "Feelings" of nausea or lack of appetite may also experience some minor episodes of vomiting
- "Feelings" of soreness/discomfort/pain, which should be relieved by medication
- "Feelings" of numbness or tingling may last for an acceptable period, depending on your surgical procedure
- "Normal" to have small amounts of drainage at incision sites. See specific instructions on the follow up care.
- "Normal" for an operative site to appear slightly swollen and pink.

FOLLOW-UP CARE: SPECIFICALLY WATCH FOR:

- Fever over 101 degrees by mouth.
- Increased redness, warmth, hardness and around operative area
- Inability to urinate
- Blood soaked dressing
- Swelling around operative area
- Increasing and progressive draining from surgical area or exam site
- Pain not relieved by medication
- Numbness, tingling, cold fingers or toes
- Persistent nausea and/or vomiting; unable to retain fluids

Call your Pinnacle Orthopaedics (931) 815-2663 if you have any problems that concern you.

IF YOU NEED IMMEDIATE ATTENTION, GO TO THE NEAREST EMERGENCY ROOM OR CALL 911

An appointment for your post-op checkup has been made for: _____

I have received a copy of these discharge instructions:

Patient/Responsible adult signature _____