

## PERI-OPERATIVE SERVICES

### Post-Operative Instructions for Ankle Surgery

#### **PAIN:**

After your procedure, some pain is normal for the first 7-10 days. Your Surgeon has given you a prescription for pain medication. Please use as instructed.

#### **OPERATIVE SITE:**

- The bandage cast on your ankle is designed to hold the foot in a position that is optimal for your comfort and healing. Keep your foot elevated for the first 2-3 days.

When in bed - keep your leg elevated on a pillow  
- leg should be higher than the rest of the body  
Out of bed - elevate leg on a chair when sitting

- **Do not allow your bandage/cast to become wet.** When showering protect your cast/dressing by inserting your ankle into a large plastic bag and sealing it with a rubber or elastic band on the leg. If your dressing/cast becomes wet, notify your Surgeon or go to the nearest Emergency Department as it will need to be changed.
- As the swelling decreases, the cast may loosen. This is normal, but if it seems excessively loose, contact your Surgeon.
- If you have a cast it will take 48-72 hours to dry. Keep your cast dry at all times.
  - Do not scratch under your cast
  - Do not trim or adjust your cast
  - If you are advised to use a cast walking boot, wear it at all times except when showering or sleeping.

#### **ACTIVITY:**

You will use crutches as you will be non-weight bearing until your follow-up appointment in most cases. Your Surgeon will advise you if this does not apply to you.

You are encouraged to move your toes for several minutes every ½ hour to increase the circulation, decrease swelling and prevent stiffness.

**PLEASE SEE OTHER SIDE →**



**DIET:**

Light diet the day of surgery. Resume your normal diet the next day. Include extra fiber and fluids in your diet to help prevent constipation. Examples of extra fiber include fruits, vegetables, salads, bran and whole wheat products.

**FOLLOW UP:**

If you have any problems or concerns contact your Surgeon. A follow-up appointment card will be given to you before you leave. If you have had day surgery, a day surgery Nurse will call you the next day.

**ADDITIONAL INFORMATION:**

Call your Surgeon or go to the nearest Emergency Department if you have any of the following complaints:

- Severe pain not relieved with pain medication. If the surgery is painful for more than 7-10 days.
- Cast too tight despite elevating your foot
  - Numbness/tingling in the tips of the toes or foot
  - Foot becomes cold and blue/whiteness of toes
  - Increasing swelling of toes
- Signs of infection
  - Foul smelling, excessive draining from dressing/cast
  - Severe pain that worsens after 3-4 days and not relieved with pain pills
  - Swelling that worsens after 3-4 days.
  - High fever (38°C or 100°F) and/or chills lasting 24 hours, muscle aches and pains (flu-like symptoms)
- Cast becomes wet, soft cracks, or there is rough edge that is irritating your skin.

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients/families to help inform you of your essential role in your own safety.

The information contained in this booklet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.