

Lateral Ankle Ligament Reconstruction & Talar OCD/Cyst Post Operative Protocol

Day 0-14	Keep Non Weight Bearing. Do not stand or walk on the operative side. Keep splint dry and do not remove.
Day 14-21	1 st Visit – remove stitches. Transition into walking boot at this time.
Week 3 - Week 6	Continue Non Weight Bearing Cam boot. Use Knee Scooter, Crutches and Walker as needed. Wear Boot To Sleep. Begin Gentle Up and down ankle motion, HOWEVER NO SIDE TO SIDE MOTION
Week 6	2 nd Visit – Begin Physical Therapy. Begin standing and walking in Boot
Week 6- Week 9	Any standing/walking must be in Boot. Start with Standing in the Boot, slowly increase the amount of walking each day
Week 9 -3 month	Increase activity level with Physical Therapy
3 month	3 rd Visit - Increase Activity as tolerated. Wear ankle brace if needed but start to decrease its use for every day activities. For intense activity or sporting events you should use the brace. Still expect swelling, stiffness, and some pain.

Common Answers to Common Questions

- Not every patients’ surgery is the same, and not every patient will progress the same. Sometimes we progress patients quicker or slower depending on their surgery.
- Keep Surgical Dressing and splint on until your 1st follow up appointment.
- Keep your splint/cast dry at all times. When bathing use a cast bag. Cast bags are found at most CVS and Walgreen’s pharmacies
- Do not take any medication with Tylenol (acetaminophen). The medication we provide contains Tylenol. Too much Tylenol can damage your liver.
- Knee Scooters are very helpful during the first couple months
- Do not submerge the leg in water. Simply let the water wash over your wounds, but do not scrub them. Just gently wipe the wounds with soap and water, being sure not to scrub too hard or submerge the wound. Avoid scented lotions or creams. Mederma Scar Gel/ointment can be used if desired.

Walking Boot Instructions

You may remove the boot to shower, and 2 other times a day. This is a total of 3 times a day for approximately 20 minutes each. During these 20 minutes you may begin gentle up and down ankle motions. **HOWEVER DO NOT MOVE THE ANKLE SIDE TO SIDE.** At 6 weeks after surgery you may begin to sleep without the boot.