

Ankle Fracture 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 a cast or a walking boot at this time.
Week 3 - Week 6	Continue Non Weight Bearing.
Week 6	2 nd Visit - Begin Standing and Walking in removable walking boot.
Week 6- Week 9	Start PT. Walk in the boot
Week 10 -3 month	Transition into ankle brace. Continue PT. Can begin light exercise.
3 month	3 rd Visit - Increase Activity as tolerated. Wear ankle brace if needed but start to work out of it. Continue PT if needed.

Common Answers to Common Questions

- Not every patients fracture is the same, and not every patient will progress the same. Sometimes we progress patients quicker or slower depending on their specific fracture.
- The repair of your ankle is not strong enough to stand or walk. If you try to put pressure on this ankle before it is time, you risk reinjury and more surgery.
- Using Crutches, a knee scooter and a walker will help you mobilize quicker and easier.
- 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.
- 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.

Splint/Cast Instructions

A splint and cast are used to immobilize the ankle. Do not attempt to walk or move the ankle while the splint or cast. Do not get them wet - keep it dry at all times. Do not put anything into to the splint/cast to scratch the skin. This can cut the skin and lead to infections.

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. At 6 weeks after surgery you may begin to sleep without the boot, but not before.