

Postoperative Homecare Instructions: Ankle Surgery

Anesthesia can alter your thought process. Please do not make important decisions, sign legal documents, drive, or drink alcohol for 24-48 hours after anesthesia.

QUESTIONS|CONCERNS:

- Call UT HEALTH AUSTIN ASC at 512-232-7347 during office hours (Mon-Fri 7:00am -3:30pm)
- Call UT HEALTH AUSTIN Clinic at 833-882-2737 during after-hours

MEDICATION:

- You will have prescriptions for pain medications to take home with you. This will be submitted electronically to the pharmacy on file with UT Health – Austin.
- **Naproxen 500mg:** This medication is for pain and to control inflammation. Take 1 tablet at breakfast and dinner – or twice a day with food.
- **Percocet (5mg/325mg):** This is an OPIOID/NARCOTIC medication to treat severe pain. Take 1-2 tablets every 6-8 hours as necessary for severe pain. Opioids are effective at pain management but have multiple adverse side-effect which include nausea, vomiting, and constipation. You should take this medication with a full glass of water. This medication should be used only for excess pain despite taking the anti-inflammatory, and/or at night to help you sleep. You may discontinue this medication as soon as you would like.
- Opioids have a peculiar drug interaction where it can make a person more sensitive to pain. This can ultimately lead to dependence on the medication or even addiction. For this reason, I encourage you to rely on this medication for severe pain as I will only prescribe enough medication for 10-days estimated at 8 tablets per day. At your first post-operative visit, I will begin to taper you off opioids and change this medication to a less potent drug. The goal is to have you off opioids/narcotics within 30-days of your procedure.

DRESSINGS:

- I prefer that you leave your dressings in place until your follow up appointment. If absolutely necessary, you may change the dressing **NO EARLIER THAN 7 DAYS AFTER SURGERY.**
- Usually you will have 2 or 3 small incisions. The dressing may be wet and bloody initially, do not be alarmed, this is left over blood and arthroscopic fluid leaking out of your ankle. Observe the dressing status, if continuous bleeding noted, reinforce dressing and call the orthopedic office.
- If your wound is completely dry, without any drainage, you may leave the dressing off. If steri-strips were applied, leave them on until they come off on their own (about 7-10 days). Sutures will be removed at your first post-op visit, if necessary.

BATHING:

- You should keep your incision dry (no shower or bath) until your first post-operative visit.
- After your wound has been checked at your first post-op appointment you will be told when you may begin bathing/soaking.

ICE:

- Use it as often as you can for the next 7 to 10 days.
- Ice bags/packs/bladder should be used for 20 to 30 min every 3 to 4 hrs during waking hours (minimum of 8 hrs./day).
- Be sure to protect your skin from frostbite with a washcloth, towel, or ace wrap between the ice bag/pack and your skin.

ELEVATION:

- Keep your leg elevated whenever possible. The primary goal during the first week post-op is to minimize swelling in your ankle, therefore it is beneficial to minimize ambulation (walking) for the first week to keep the ankle elevated.
- When sitting or lying down, try to have your leg elevated to minimize swelling.

CRUTCHES:

- Use Crutches AT ALL TIMES until released by your surgical team.

PHYSICAL THERAPY

- You will be assessed at your first post-operative visit to determine when it is safe to begin physical therapy

FOLLOW-UP:

- You should have a post-operative follow-up appointment 2 weeks after surgery.

DRIVING:

- Do not drive until you have been re-evaluated at your first post-op visit.
- You will be told when you can begin driving based on your strength and ROM.
- If you are required to restrict weight – bearing on your operative leg, you will not be medically cleared to drive for at least 6 weeks after surgery.

***IMPORTANT*:**

If you have signs of an infection,

- such as a temperature over 101.5 degrees
- persistent wound drainage
- redness, swelling,
- increased pain

You should contact us immediately at **Tel#1-833-882-2737** Musculoskeletal Institute Sports Injury Clinic, UT HEALTH AUSTIN Ambulatory Surgery Center at **Tel# 1-512 -232-7347** Mon – Fri during office hours 7:00am – 3:30pm

Additional Instructions:

Patient | Patient’s Representative Signature: _____ Date _____ Time _____

Pre-Operative Nurse Signature: _____ Date _____ Time _____

Post-Operative Nurse Signature: _____ Date _____ Time _____