



SETH CRINER

ORTHOPEDIC SURGERY

820 S. Akers St. Visalia, CA 93277
Office Number: 559-733-3346

Ankle Fracture Surgery Post-op Instructions

Wound Care/ Bathing:

- Please leave the bandage and splint on the leg and keep it dry until your follow-up appointment.
- You may shower/bath, but keep the splint dry.
- **NO SOAKING IN A POOL OR TUB** for 3 weeks.

Pain Control:

- Pain medication prescription should have been provided during clinic visit.
- Please pick up your medication before surgery. If it's not ready, call Jules at 733-3346 or speak to Dr. Criner the day of surgery to make sure we call it in again.
- Take pain medication as directed by the pharmacist when you pick up your prescription.
- Take 1-2 over-the-counter Tylenol every 6 hrs for the next 2-4 weeks as needed for mild to moderate pain.
- Take the narcotics (usually hydrocodone/acetaminophen) only as needed. The one exception is it's good to take the narcotics around the clock the first 24 hrs after surgery to prevent yourself from being caught off guard when the numbing medication used during your surgery wears off. You can take 1-2 pills every 4-6 hrs as needed for severe pain.
- Ice ankle for 10-15 minutes every hour as needed for swelling.
- Elevate your leg, with your ankle higher than your heart, as much as possible for pain & swelling

Blood Clot Prevention:

- Take 1 full strength 325 mg aspirin daily for 2-4 weeks to minimize your risk
- Getting up and walk around frequently without putting weight on your operated on leg during the day – at least once every hr or 2 is usually enough to minimize blood clots in your veins

Activity:

- No weight on your operative leg, use crutches for ambulation after surgery. We will discuss at your first follow-up appointment when you can weightbear.
- Do not do any extensive walking and refrain from intense physical activity until your follow-up unless otherwise instructed.
- Do not return to work until you can do so safely.
- You should not drive until your first follow-up appointment.

Physical Therapy:

- You don't need to start right away since you'll likely be in a splint or cast initially. We will discuss at your 6 week follow up appoint if it will be necessary.

Follow-up Appointments:

- Your 10-14 day post-op appointment should have been made at your pre-op visit, but if not call 559-733-3346.
- The following standard post-operative visits will be scheduled at will be at the following time frames following surgery: 7 weeks, 14 weeks, and 6 months

Questions:

- Call 559-733-3346 and ask for Dr. Criner's staff during the day.

Emergencies:

- If you have emergent questions or concerns that can't wait until the day, you may dial the same office number and will get the on call orthopedic doc. If it's not Dr. Criner, the surgeon that answers your call won't know who you are, so be sure to clarify that you are one of Dr. Criner's patients, tell them the surgery you had, and how many days ago you had surgery.
- It is our office policy not to prescribe medications over the phone. If you need any medication during the night or weekend, you'll have to go to the emergency room.