



**Post Operative Instructions
Ankle Surgery**

Your Diagnosis at Surgery: _____

Ice and elevate frequently for pain and swelling

You may ambulate non weight bearing as tolerated unless instructed otherwise by your doctor

Use crutches for ambulation as needed

You may resume any regular home medications unless otherwise instructed

You can expect some slight drainage from your incisions

Take your pain medication as prescribed

You may also take Advil / Ibuprophen / Motrin as directed for additional discomfort unless otherwise instructed

Call and make an appointment for suture removal and check up in 10 days if not already done

You may resume your regular diet

Maintain your cast/ splint/ or dressing clean and dry, do not wet it

Any problems call the office at 480 461 0047, or seek assistance at the nearest emergency room