



DARIN W ALLRED M.D.
ORTHOPEDIC SURGERY AND SPORTS MEDICINE

Brostrom/Ankle Stabilization Post Operative Instructions

Important:

If you had an peroneal tendon repair or debridement you need to follow the **Peroneal Tenodon Repair or Debridement Protocol** which is very different.

Food

Start slow. It is natural to want to eat a lot after surgery. We recommend you eat small amounts of your normal diet and increase your intake as your nausea improves.

Dressing

You may remove your dressing in 48 hrs. Redress your incision with a clean dressing or large Bandaid.

Incision

Keep you incision dry for 48 hrs. After 48 hrs you may remove the dressing and shower. Leave the Steri-Strips in place. You may let water run over the incision but do not soak your incision in a bath, swimming pool, lake or hot tub for three weeks. Keep a Band-Aid on the incision until the incision is no longer draining (about 7 days)

Weight bearing

No weight bearing! See below for timeline for return of weight bearing.

Activity

I want you to be as active (without putting weight on your foot) as your pain and swelling allows. This helps prevents blood clots.

Blood clots

My biggest concern after foot and ankle surgery is the formation of blood clots. To prevent blood clots, I recommend you be active and take One tablet (325 mg) of aspirin twice daily with food for 2 weeks. If you or your family have had a blood clot or other reason to have an increased risk for a blood clot, you may need more aggressive treatment. Please discuss this with Dr. Allred within 24 hrs after surgery. What does a blood clot feel like? Usually (not always) blood clots surface a few weeks after surgery. They usually (not always) cause calf pain and increased ankle swelling that is new. Rarely, they cause shortness of breath. If you think you may have a blood clot call the office immediately (during office hours) or go to the ER (if after hours)

Swelling

The best way to control swelling is by keeping your foot above your heart (sitting up in bed usually does NOT get your foot above your heart). Swelling control dramatically affects healing and complications!

If you do not have a splint or cast: Ice machines or reusable ice pads can be purchased on Amazon. Just search ankle ice machine. They can be great for decreasing pain and swelling. I like them but frozen peas work as well. Be careful to not freeze your skin. I recommend 20 min on and 10 min off unless the machine has a way to prevent freezing (ie temperature settings) If you have a splint or cast, the ice machines do not work very well.

Medications

As discussed above, I recommend Aspirin for two weeks. Rotate over the counter ibuprofen and Tylenol. For example take regular Tylenol followed by Ibuprofen 2 hrs later. Do not take more than the recommended daily dose for each. I also recommend over the counter Pepcid or other antacid while on ibuprofen to prevent a stomach ulcer. Narcotics: see below.

Narcotics

You may need them for a few days but the quicker you stop using them the better you will feel. It is very rare to need a refill. We **DO NOT** refill medications after hours or on weekends so plan ahead. It takes about 72 hrs to get a refill. If you take narcotic medications regularly you will need to make arrangements with your prescribing provider.

Post Operative Visits

Call for an appointment approximately 2 weeks after surgery.

Precautionary Measures1) To prevent infection, you have been administered IV antibiotics prior to your surgery.

2) To prevent blood clots, you will need to be active. I want you to walk around your living room once every hour while you are awake. Also take Aspirin 325 mg twice daily for 2 weeks to prevent a blood clot.

3) If you are taking narcotic pain medication (Percocet or Vicodin), you may need a stool softener to prevent constipation. Over-the-counter medication such as Docusate or Milk of Magnesia is recommended.

Emergencies

Call the office at if you experience the following:

Incision opens

Increased redness at incision site

Pain uncontrolled by pain medicine

Uncontrollable bleeding

Fever > 101 °F or shaking chills

Difficulty breathing or chest pain

Severe pain or redness in calf

Painful swelling

Contact

Please refer to the website for the office phone number.

Physical Therapy

Week 0-2 Post op splint/CAM walker. Elevation. Weight bearing: as tolerated

Week 2-6 Transition to functional brace. PT: Range of motion to tolerance, proprioception, strengthening

Week 6-12 Progress to sport specific activity in functional brace

Week 12 and beyond: Return to sports as symptoms allow. Wean out of brace.