



Lisa Kaplin, DO

OPEN REDUCTION INTERNAL FIXATION OF ANKLE FRACTURE POST OPERATIVE INSTRUCTIONS

1. Keep the post-operative splint clean and dry and intact until follow-up.
2. Remain non-weight bearing on the operative leg unless directed by Dr. Kaplin and use crutches, walker or scooter as directed.
3. Keep your leg elevated at the level of your heart as much as possible the first 72 hours to prevent swelling.
4. Apply ice to your foot / ankle for 20 minutes 3-4 times daily.
5. You may take sponge baths the first 2 days, and may shower after HOWEVER do NOT get your splint or operative leg wet. This may mean using a shower chair or someone to assist you in the shower with your operative leg out of the shower.
5. If a nerve block was used during your surgery, you can expect some numbness/tingling for the next 12-24 hours after surgery.
6. You will be given a prescription for pain medication. Please refer to the "Medication Instruction" sheet given to you by your post-operative nurse.
Many times after the first 3 days, the prescribed medication may not be needed. If you are having mild pain, just take the Tylenol prescribed.
7. Do not take any pain medication on an empty stomach. The medication may cause irritation when taken without food. It is normal to feel pain and fluid in your foot / ankle after surgery, but call the office at 215-745-4050 if you experience any of the following:
 1. Increased redness, swelling, bleeding, or pain unrelieved by medication after 2-3 doses.
 2. Fever above 101 degrees
 3. Signs of infection; including pus oozing from the wound, red streaks, or foul odor.
 4. Chest pain or Shortness of breath- CALL 911

You should see me in the office 7-10 days after your surgery.



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MEDICATION INSTRUCTION SHEET:

Medications:

Oxycodone (for pain as needed, see prescription for instructions on how much and how frequent to take)

Tylenol (for pain around the clock, see prescription for instructions on how much and how frequent to take)

Zofran (for nausea, see prescription for instructions on how much and how frequent to take)

Colace (for constipation, see prescription for instructions on how much and how frequent to take)

Aspirin 325mg daily for 4 weeks to prevent blood clots.

Please call my office if any questions or concerns come up prior to your post operative visit 215-745-4050.

Wishing you a speedy recovery!!