



Post-Operative Instructions – Ankle fracture

1. Leave splint intact until you return to clinic. Do not get the splint wet.
2. You are not allowed to put any weight on the operative leg. Use crutches, wheelchair, walker, or roll-a-bout at all times.
3. It is very important to elevate your leg to prevent swelling and to help with pain control. When possible, try to elevate your leg so that the ankle and knee are above your heart.
4. You may resume work when you are able.
5. **Begin anticoagulation regimen:** Aspirin 325 mg once per day x 4 weeks. If you have any difficulty using blood thinners or have bleeding in your stool, please alert us.
6. Constipation can occur with pain medication. Take an over-the-counter laxative such as colace, ducolax, or senna as needed.
7. Try to decrease pain medications as tolerated.
8. Use the cold packs as needed. This should be used for 20-30 minutes at a time to the knee for the first week after surgery.
9. Driving:
 - a. If surgery was on your right ankle, you are not permitted to drive until you are full weight bearing, usually 6-12 weeks after surgery.
 - b. If surgery was on the left ankle, you are permitted to drive when you are off pain medication and can do so safely.

If you have any concerns, please call Dr. Chin or our office at 832-698-0111.