

# OrthoNeuro

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Standard Post-Operative Recovery

## Ankle replacement:

- This is typically an inpatient procedure, meaning you will likely need to stay overnight in the hospital for at least one night but not always.
- After surgery you will be in a splint for 2 weeks. Follow the discharge instructions given to you after surgery.
- At your 2-week follow up appointment, you will have your splint removed and sutures/staples removed. Xrays will be taken as well.
- As long as your wounds are healed at your 2-week visit, you will go into a short leg cast or boot and remain **non-weightbearing** until your next visit. We can get you a knee scooter if needed to help you get around. If your wound is not healed, we will likely put you into a splint and have you follow up in 2 more weeks. You will also be given antibiotics if it is felt to be necessary.
- You will return to the office again 2 weeks later (4 weeks after surgery). We will repeat xrays and get you into a boot. Assuming xrays look good, you will begin to progress your weightbearing in the boot. We will also start therapy at that time.
- You will return to the office 6 weeks later (10 weeks after surgery). We will repeat xrays and assuming everything looks good, we will let you begin to resume activity as tolerated.

\*\* Please note that any foot and ankle surgery causes significant swelling/pain. The foot/ankle are the most dependant parts of the body and this leaves no place for the swelling to go unless you elevate the foot/ankle. The majority of your pain after surgery will be due to swelling. The more you elevate your foot, the less pain you should have. The analogy I like to use is that swelling is water and if you pour water on the top of a hill it runs down the hill. Your body is basically pouring water into your foot/ankle and you need to elevate your foot so it runs down hill. The only way to do this is to elevate your foot/ankle so the water goes back to your knee, hip etc.

\*\* In addition, minor swelling and pain can be expected for up to one year after surgery. Most people note major improvements at the 3 and 6 month marks but do not be surprised if you still have minor swelling and pain from 6-12 months. Healing is a long process and is usually complete by 1 year.