

## 6-8 WEEK POST OP CARE INSTRUCTIONS

- If you have had a fusion operation and are now in a boot, you may begin weight bearing with 50 lbs. and progress 25 lbs. every four days until full body weight bearing. You may sleep without the boot and shower without the boot.

In four weeks, if you are comfortable full weight bearing in your boot, you may transition into a shoe.

- If you have had an ankle ligament reconstruction **without** bone work, you may weight as tolerated in your boot or brace as tolerated, and transition into a shoe when comfortable.

- If you have had ankle ligament reconstruction **with** bone work, you may begin weight bearing with 50 lbs. and progress 25 lbs. every four days until full body weight bearing. You may sleep without and shower without your boot.

In four weeks, if you are comfortable, you may transition into a shoe.

- If you have had a Total Ankle Replacement you may begin weight bearing with 50 lbs. and progress 25 lbs. every four days until you can tolerate full body weight bearing. You may sleep without and shower without your boot.

In four weeks, if you are comfortable full body weight bearing in your boot, you may transition into a shoe.

(You should step on a scale to judge the amount of weight applied to the affected leg when progressing.)