

OrthoNeuro

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Standard Post-Operative Recovery

Fracture:

- This could be a simple *ankle fracture, heel bone fracture, or other foot/ankle fracture*
- This is an outpatient procedure, meaning, most likely you will go home after surgery.
- You will be in a splint or boot after surgery for the first 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.
- You will be placed into a boot and begin working on ankle range of motion. You may also get your wound wet as long as it is healed. **You are not to put any weight on the operative ankle/foot yet.**
- You will follow up 4 weeks later (6 weeks after surgery) for xrays to assess healing and check swelling and range of motion. Normally, the bones are healed by now. At this time you will begin putting weight on your operative leg in a boot per my protocol. We will also start you in therapy.
- You will follow up 2 months later to check another xray and check your progress with therapy. If you are doing well, you are done, if not we will likely send you to more therapy and recheck you again.

** 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.