

Hasani Swindell, M.D.

Sports Medicine
Shoulder, Elbow & Knee Arthroscopy
Shoulder Replacement Surgery
T: 718.246.8700
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DISCHARGE INSTRUCTIONS AND PHYSICAL THERAPY PROTOCOL:

Ankle Fracture Fixation

Initial recovery after fracture surgery entails healing, controlling swelling and discomfort. The following instructions are intended as a guide to help you achieve these goals until your 1st postoperative visit.

◇ COMFORT

○ **Medication**

- Pain Medication – Take medications as prescribed, but only as often as necessary. Avoid alcohol and driving if you are taking pain medication
 - You have been provided a narcotic prescription postoperatively. Use this medication **ONLY** for moderate to severe pain
 - **You are allowed two (2) refills of your narcotic prescription if necessary**
 - When refilling pain medication, lowering the dose/strength or switching to a non-narcotic prescription is recommended as soon as possible.
 - Anti-coagulation medication: You may have been prescribed a medication to prevent post-operative blood clots might be prescribed (Aspirin, Lovenox, etc.) this is the only medication that MUST be taken as prescribed until directed to stop by Dr. Swindell
 - Nausea medication: Zofran (Ondansetron) has been prescribed for nausea. You may take this as needed per the prescription instructions
 - Constipation medication: Colace has been prescribed for constipation. Both your pain medication and the anesthesia from your procedure can cause constipation. Take this as needed
- **Driving** – Driving is **NOT** permitted as long as the splint is necessary
 - **Elevation** - please keep the operative leg elevated on 2 pillows (placed underneath the calf) to reduce swelling and pain. Avoid pillows under the heel to prevent pressure sores

◇ ACTIVITIES

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- You are immobilized with a splint full time for approximately the first 2 weeks. Your doctor can tell you when you can remove this during your 1st postoperative visit. The sling may be removed for exercises.
- **You are non-weightbearing. Use crutches to ambulate**
- You may move your toes as tolerated
- Stay hydrated and walk frequently with crutches to avoid pneumonia, blood clots and constipation
- Athletic activities such as throwing, lifting, swimming, bicycling, jogging, running and all sports should be avoided until cleared by Dr. Swindell.

◇ WOUND CARE

- **Bathing**
 - You will in a splint, you may only sponge bathe but you must cover with splint with an bag to cover and protect the splint from water
 - ****If the splint is damaged in any way, it may affect your healing or increase the risk of a complication****
 - Use caution when showering. Slipping or falling puts you at risk for re-injury
- **Dressings**
 - Your splint will remain on until your first postoperative appointment

◇ EATING

- Your first few meals after surgery should include light, easily digestible foods and plenty of liquids, since some people experience nausea as a temporary reaction to anesthesia
- Progress to your normal diet if you are not nauseated

◇ CALL YOUR PHYSICIAN IF:

- Contact Dr. Swindell's team at 718-246-8700 if any of the following are present:
 - Painful swelling or numbness (note that some swelling and numbness is normal).
 - Unrelenting pain.
 - Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills.
 - Redness around incisions.
 - Color change in arm
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected).

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- Difficulty breathing
- Excessive nausea /vomiting
- Calf pain
- If you have an emergency after office hours or on the weekend, contact the office at 718-246-8700 and you will be connected to our answering service.
 - If you are enrolled in Epic Connect, you can also reach the office through the patient portal
- If you have an emergency that requires immediate attention proceed to the nearest emergency room .

◇ RETURN TO THE OFFICE

- If you do not already have a post-operative appointment scheduled, please contact our scheduler at 718-246-8700 schedule .
- Typically the first post-operative appointment following surgery is 10-14 days following surgery .
- At your first post operative appointment, you will have a wound check, go over physical therapy protocols and we will answer any questions you may have about the procedure .