



ORTHOPEDIC PARTNERS

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External Fixator Application for an Ankle Fracture

Post-Operative Instructions

Pain Control and Ice

- A pain medication prescription will be provided prior to discharge.
- You may take the prescribed medication as directed.
- You should expect to experience minimal to moderate ankle discomfort for several days and even weeks following the surgery.
- Patients often only need prescription narcotics for a few to several days following the surgery and then can switch to over-the counter medications such as Tylenol, Advil, or Ibuprofen.
- **Elevation** should be utilized to decrease swelling and pain.

Wound Care

- If there is bleeding through the bandage, reinforce it with additional dressings for the first 48 hours.
- You may NOT get the area wet. If bathing, please cover with a tight plastic wrap that will not allow water to contaminate the surgical area. Tub bathing is also an acceptable alternative

Rehabilitation/ General Post-Op Care

- You may NOT weight bear on the operative ankle. You may rest the foot on the floor when sitting but no substantial weight is to be transferred through the operative ankle
- Your first post-op appointment is 10-14 days following surgery. This is usually scheduled at your pre-operative visit. If not, then please call the office to schedule
- Plan at least 2-3 days away from work or school. Utilize this time to decrease swelling get better pain control. You may be able to resume work once the pain and swelling resolves (this varies based on job activity).

Important Notes

- Peri-incisional numbness should be expected after any skin incision.