

**POST- OPERATIVE INSTRUCTIONS**  
**PROCEDURE: TIBIA FRACTURE FIXATION**

- Dressings: Your foot and ankle is in a plaster splint wrapped with an elastic bandage wrap. Please do not remove this splint.
- Elevation: Keep your leg elevated above the level of your heart for as long as possible. For the 3 days following ankle fracture fixation you should have your leg elevated when not using the bathroom. Continued elevation over the entire first week is important. Do not put pressure directly on the heel. Place a pillow under the calf.
- Cold Therapy: Apply ice to the surgical area in a waterproof bag for 20 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a t-shirt or pillowcase.
- Crutches or Walker: Use crutches or a walker at all times. **You should not bear any weight on your injured leg.** Do not engage in prolonged periods of standing or walking over the first 7-10 days following surgery.
- Knee Range of Motion: You should flex and extend your knee several times every hour as tolerated.
- Knee-Scooter: Please do not use a knee scooter until you discuss with your operative surgeon.
- Pain Medication: You will be given a prescription for pain medication to be taken after surgery. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- DVT (blood clot) prevention:
  1. Perform range of motion exercises for the uninjured ankle to exercise calf muscles. Do ten reps every hour minimum while awake
  2. Beginning the day of surgery, take one regular (325mg) aspirin daily for 4 weeks unless not allowed for other medical reasons.
- 1st Post-Operative Appointment: Please follow up 1 week after surgery for a wound check. At that visit the splint will be taken down and the surgical incisions will be checked.
- 2nd Post-Operative Appointment: Two weeks after surgery the splint will be removed. If the incisions are healed sutures will be removed and range of motion exercises will be started.

- When to call your surgeon:
  - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
    - Persistent fever >101, chills
    - Increasing pain at the surgical site
    - Increased swelling/pain in the calf
    - New onset numbness or tingling
    - Hives or new rashes
    - Shortness of breath or chest pain
    - Persistent nausea/vomiting
  
- Prescription Refill Protocol: You **MUST** give your physician 48 hours notice for any medication refill. Many medications require an electronic prescription and cannot be filled over the weekend.