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Discharge Instructions

Ankle Fractures / Pilon Fractures / Distal Tibia Fractures / Talus Fractures / Foot Fractures

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** **DO NOT** Place weight on injured leg. You will not be able to put weight on the leg for 6-8 weeks after surgery.
- Pain:** Take pain medication as needed. Please contact the office at 302-655-9494 if your pain is uncontrolled.
- Ice:** Ice is an excellent source for pain, relief, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at 302- 655-9494 after discharge from hospital to schedule a follow up appointment for 2-3 weeks after surgery.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call 302-655-9494 for assistance.
- Wound Care:** Your incision is closed with sutures, staples or steri-strips. It will usually drain or leak after you have returned home. Do not become alarmed unless you consider the volume or color of the drainage to be excessive.
- Splint Care:** **DO NOT REMOVE SPLINT** placed on ankle after surgery until returning for your post-operative follow up appointment. Keep splint clean and dry until follow up visit. Avoid putting anything down it or hitting anything or anybody with it. These are all potentially dangerous to yourself and others.
- Showering:** Place the splint in a bag and use tape to keep dry while bathing.
- Sutures:** Your sutures or staples will be removed at your follow-up visit.
- DVT:** Take medication to try to prevent blood clots as recommended (Usually Lovenox or Xeralto) until completed. If you were not prescribed a medication for blood clots take aspirin 325 mg 2 times per day until your follow up appointment.