

Ankle Postoperative Instructions: Peroneal Tendon Repair

When you get home:

Rest for the remainder of the day.

Be Safe- stay in the care of responsible adult the first 24 hours.

Elevate the leg as much as possible, above heart level.

Use Ice as much as possible. Place over the top of the ankle. Some of it may not reach the ankle, but it is still beneficial.

20 minutes on/20 minutes off for regular ice packs.

If you are using a cold therapy machine, use it according to the manufacturer's instructions.

Pain Medication:

Take your pain medication- it's better to stay ahead of the pain.

Oral Narcotic pain medicines (Vicodin, Norco, Percocet, Ultram, Codeine) help with pain, but can cause:

Drowsiness: Be Safe, don't drive, operate machinery, don't mix it with alcohol.

Stomach upset: Take with food, or try over the counter Zantac or Tums.

Constipation: Drink enough fluids, use fiber supplements (Metamucil, Senokot)

Take Milk of Magnesia or prune juice if still constipated after 2 days

You may take anti-inflammatory medication to help with pain and swelling.

Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.

Ok to take with Pain Medications, not with other anti-inflammatories

After 4 days of Toradol, you can take other anti-inflammatory medicines like:

Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lidine, Mobic, Celebrex

Go easy on the anti-inflammatory medications if you have stomach problems.

Activities and Restrictions:

You will be using crutch for the first several weeks after surgery..

First week: You'll be in the splint we placed after surgery.

At the first postop visit, we'll remove the stitches and place a fiberglass cast that will be in place for 4 weeks.

For the first week or two, you may get up to the bathroom or kitchen, but avoid being up too long.

You can rest the weight of the foot on the ground if you are standing.

You can start putting some weight on the boot after 2 weeks after surgery.

Driving: Only after you are SAFE, which means:

Off pain medications.

Able to control a vehicle safely- get foot from gas to brake and press hard.

Usually takes about 3-4 weeks, sometimes longer.

Safety first- Use your best judgment. It is difficult to drive if the Right ankle is the injured side. **Exercises:**

Begin gentle exercises immediately:

Tighten and release your thigh and calf muscles (called Isometric Exercises).

Move the knee and hip gently to keep them from getting stiff.

These exercises help to prevent blood clots in the leg.

Dressing and Wound Care:

Keep the postoperative splint clean and dry.

You may take a shower, but use a heavy plastic bag and tap the top around the leg to keep water from getting in.

Use a shower chair or plastic patio chair to sit on in the shower.

On the other leg, keep using the white stocking on your other leg for several days. It helps to prevent blood clots.

Problems or Questions? Call us at 925.600.7020

Feel free to call us if you have any concerns, or if you have any:

Unrelenting pain, or increasing swelling or numbness, or high fever (above 101.5)

Continuous drainage or bleeding that is soaking your splint/cast.

Chest pain, shortness of breath