



OrthoVirginia

West End Orthopaedic Clinic

Harry J. (Chip) Shaia, M.D.

General Orthopaedics

Total Joint Replacement

Sports Medicine

Post-Operative Instructions Ankle Fracture

- Ice your operative site for 72 hours after surgery. You can leave ice on the site for 30-45 minutes at a time if it is not uncomfortably cold. Ice the site several times each day.
- Keep your operative site elevated above your heart periodically throughout the day, up to 2-3 hours in the morning and 2-3 hours in the afternoon.
- Your cast will be removed on follow-up. Keep it clean, dry and intact.
- If you develop increasing pain in your toes, poor circulation or altered sensation in your toes after your block wear off, call the office immediately.
- You may NOT put any weight on your operative leg after surgery. Use your crutches.
- If not allergic, take an enteric coated aspirin (325 mg) once daily to reduce the risk of a blood clot that could go to your lungs.
- If you do not already have one, call to make a follow-up appointment for 2 weeks after your surgery.
- Call with any questions 804-545-0215.