

Orthopaedic and Spine Institute
21 Spurs Lane, Suite 245, San Antonio, TX 78240
www.saspine.com
Tel# 210-487-7463
Joel B. Nilsson, M.D., P.A.

***POST-OP INSTRUCTIONS FOR PATIENTS WHO HAVE HAD
ORTHOPAEDIC DAY SURGERY (Ankle Fracture)***

Dressing: A dressing has been applied to your incision following surgery. This dressing should be left on until your first office visit, unless otherwise specified by your physician or physician assistant. Although the dressing may become moist or bloodstained, this is not a cause for alarm. However, if the area in question is large or continues to bleed, you should call the office.

If the toes below the area which was operated on develops swelling, you may need to loosen the bandage. Feel free to remove the outer compressive dressing (brown elastic Coban or Ace wrap) and rewrap more loosely. Do not remove the underlying white bandaging which functions as a sterile cover for the first few days.

Wounds: Your wound should be kept clean and dry. You should not allow your incisions to get wet in a shower or bath unless otherwise specified by your health care provider.

Activity: No weight bearing on the operated ankle for the next 6-8 weeks. Occasionally a rehab protocol will be provided if physiotherapy is intended to begin prior to your first follow up visit 10-14 days after surgery.

Pain: You have been given a prescription for pain medication which you may take as directed. You should not drive or drink alcohol while taking pain medications. Follow the guidelines in the pain management protocol for using your medication or as

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directed by your physician. Please inform us if you have any allergies to medications. If a rash develops or nausea and vomiting occurs notify our office for an alternative medication.

Diet: Start off with light meals and progress diet as tolerated. Carbohydrates will generally have a lower incidence of nausea and vomiting.

Precautions: If you develop a fever (temperature greater than 101 degrees Fahrenheit or 38.3 Celsius) or chills, or any undue symptoms such as unexpected pain, redness, swelling in your legs, rash, blisters, numbness, tingling, itching, hives or shortness of breath, please contact our office (210) 487-7463. If you have a problem or question, do not hesitate to call the office. The answering service will handle your calls to the office after hours and on weekends and one of the Spine and Orthopedic Institute clinicians will be available. **If you have an emergency, call 911.**

Return Appointment: Usually a return appointment will be arranged for you prior to surgery. If not, please call the office to arrange for a follow-up appointment at 210-487-7463.