

Seeds Orthopaedics

Orthopaedics and Sports Medicine

William A. Seeds, M.D.
416 West 27th Street * Ashtabula, Ohio 44004
Phone: (440) 997-5427

www.DRSEEDS.com
www.allaboutarthritis.com
www.jointreplacement.com

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## DISCHARGE INSTRUCTIONS FOLLOWING ANKLE ARTHROSCOPY

**Dressing & Stitches**: You will have a splint (or cast) on your leg. The splint (or cast) will be removed in 10 – 12 days and your stitches removed. If you are in a cast, your cast may be reapplied after the stitches are removed.

**Bathing**: Keep the splint (or cast) dry. If you shower, be sure to have a plastic bag secured on the leg to keep water off the splint or cast. You cannot put weight on the leg. It may be best to bathe at the sink until the splint or cast is removed.

**Activity**: Limit your activity for 24 hours after surgery. Thereafter, you may be up as tolerated. Elevate the operative leg when sitting or lying down.

- DO NOT** bear weight on your  right  left leg. Use crutches or a walker when walking.
- DO NOT** remove your splint or your cast. .

**EXERCISE**: You may do leg lifts twice a day. 15 lifts with each leg. Unless instructed otherwise, you may bend the knee in its normal range of motion. **DO NOT** twist, squat or lift weights.

**Ice Packs**: Use the ice packs continuously for the first 24 hours after surgery. Thereafter, use the ice packs two or more times a day for 20 minutes at a time, if desired for comfort.

**Medication**: You will receive a prescription for pain medication. Take the medication, as directed, as needed for pain. Refill requests need to be called to the office between 8:00 AM and 4:30 PM Monday thru Friday. No refills are given after hours on weekdays, weekends or holidays.

**Appointment**: You should already have your appointment for suture removal. If not, please call the office to schedule this appointment as soon as possible after your surgery.

**Precautions**: Early postoperative problems can be seen by an increase in pain not relieved by the pain medication, a temperature above 101 degrees, numbness, progressive swelling not relieved by ice and elevation, bleeding or the inability to move the leg.

**CALL THE OFFICE OR GO TO THE EMERGENCY ROOM IF ANY OF THE ABOVE SYMPTOMS OCCUR.**

If you have any questions or problems, please call the office. The office is open Monday through Friday from 8:00 AM to 5:00 PM and can be reached at (440) 997-5427.

( ) I have reviewed and received the discharge instructions sheets for hand or wrist surgery.

Date: \_\_\_\_\_ Patient's Signature: \_\_\_\_\_

Nurses's Signature: \_\_\_\_\_