



ANKLE LIGAMENT RECONSTRUCTION

This is a typical post-operative course - patients heal at different rates and this protocol is subject to change depending on your progress at the physician's discretion.

Day 1-14

- You will be placed in a bulky splint. **DO NOT REMOVE**
- Elevate your ankle above the level of your heart for 72 hours and as much as possible thereafter
- Expect numbness/tingling for 12-72 hours if you had a block completed by the anesthesiologist
- You may notice some bloody drainage through your dressing
- **DO NOT** put any weight on your ankle

2 Weeks

- Splint removed
- Sutures removed if healing well
- Placed into a walking boot depending on findings at surgery and whether other procedures were performed. Continue non-weightbearing in the boot
- The boot may be removed for gently range of motion exercises

4 Weeks

- May start putting weight on ankle as you feel comfortable in the boot
- Start physical therapy if wound doing well for motion, early strengthening and balance

6 weeks

- Placed into a Lace up ankle brace. Use at all times except shower/sleep
- Advance physical therapy

8-12 Weeks

- Continue PT
- Return to sporting activities is dependent on progress with physical therapy
- May require ankle brace for 6-12months, especially if doing high intensity sporting activities

CALL YOUR DOCTOR IF:

- You feel calf pain, shortness of breath, nausea or chills.
- You get your bandage wet.
- You have side effects such as a rash.
- You have bluish or cold toes.
- You have a temperature over 100.5 degrees F
- You fall or injure your surgical foot