


# HOME CARE ANKLE FRACTURE REPAIR

Instructions for:	0	1	2	3-5	6	10	12
>> Write your dates here 							
1) Non-weight bearing (NWB) in splint 24/7	✓	✓					
2) Office visit: <ul style="list-style-type: none"> <li>• Appointment times may vary slightly</li> <li>• Sutures typically come out at 2 weeks (*or at 3 weeks if you have diabetes)</li> </ul>			✓*		✓		✓
3) Non-weight bearing (NWB) in boot: <ul style="list-style-type: none"> <li>• Do not put ANY weight on surgical side (unless sitting)</li> <li>• Use crutches or knee caddy</li> <li>• KEEP BOOT ON <b>at all times</b> except for range-of-motion exercises (see sleep/drive schedule below)</li> </ul>	(NWB in surgical splint)		✓	✓			
4) Sleep in splint/boot using boot cover, pillow case, or stockinette	✓	✓	✓	✓			
5) Sit while showering	✓	✓	✓	✓			
6) No driving if right-sided repair	✓	✓	✓	✓			
7) Reduce pain medicine (strength, frequency) <ul style="list-style-type: none"> <li>• <b>Note: Do not take anti-inflammatories at any time until 6 weeks after surgery;</b> e.g.:</li> <li>• ibuprofen (Motrin, Advil)</li> <li>• naproxen (Aleve, Naprosyn)</li> <li>• others -- ask before you take</li> </ul>			✓	✓	✓	✓	✓
8) PT 1-3 times/week for range-of-motion exercises			✓	✓	✓	✓	
9) Daily scar massage			✓	✓	✓	✓	✓
10) May get into bath if skin is healed				✓			
11) Wean from boot into regular shoes as able					✓		
12) Advance to jogging, then running/jumping							✓