

HOME CARE TOTAL ANKLE REPLACEMENT

INSTRUCTIONS FOR:	WEEKS FROM SURGERY DATE								
Name	0	1	2	4-5	6	8	10	12	1yr
>> Write your dates here									
1) Non-weight bearing (NWB) in surgical splint	1	1							
2) Office visit: • Appointment times may vary slightly • Wound check at 1 week • Sutures typically come out at 2 weeks (*or at 3 weeks if you have diabetes)		1	/ *		√			1	√
3) Touchdown (25%) weight bearing in boot - Note: <u>The boot must be on at all times</u> (see sleep/drive schedule below)	(NWB in surgical splint)		1						
4) Sleep in splint/boot (cover with pillow case)	1	1	1	✓					
5) Sit while showering	1	✓	1	1					
6) No driving if right-sided repair	1	1	1	1					ļi
7) Progress weight bearing in the boot at 4 weeks: • to partial (50%) weight (in boot) • to full (100%) weight (in boot) - Note: The boot must be on at all times (see sleep/shower/drive schedule above)				1					
8) Reduce pain medicine (strength, frequency) - Note: Do not take anti-inflammatories at any time until 6 weeks after surgery; e.g.: • ibuprofen (Motrin, Advil) • naproxen (Aleve, Naprosyn) • others ask before you take			1	1	1	1	1		
9) PT 1-3 times/week for range-of-motion exercises			1	1	1	1	1		
10) Daily scar massage			1	1	1	1	1		
11) May bathe from this point on if skin is healed				1					
12) Wean from boot into regular shoes as able					1				
13) Advance to regular activities								1	