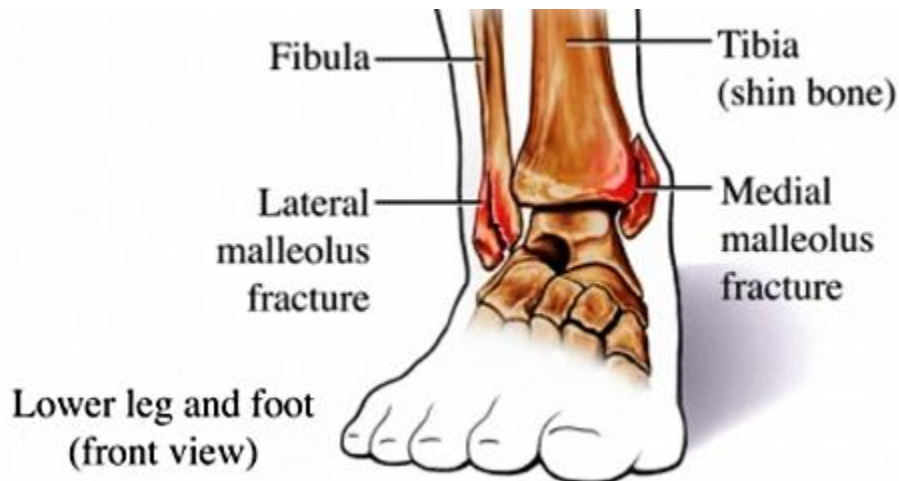




*Division of Signature Medical Group of KC, PA*

## **Open Reduction Internal Fixation Ankle Fracture**

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### **PRE-OPERATIVE INSTRUCTIONS**

- ✓ **Do not eat or drink after midnight the night before surgery.** This includes chewing gum, candy and mints. No smoking or use of tobacco products.
- ✓ Stop all blood thinners 1 week prior to surgery, unless directed otherwise. This includes coumadin, aspirin, and anti-inflammatories such as ibuprofen, Aleve, and Nuprin. You may use acetaminophen for pain.
- ✓ Stop all herbal supplements 1 week prior to surgery.
- ✓ Plan to spend approximately 3-5 hours at the surgical facility.
- ✓ Arrange for someone to drive you home and stay with you through the night.
- ✓ Set up your post-op appointment for 7-10 days after surgery with scheduling at 913-381-5225 if you have not already done so.

## **POST-OP INSTRUCTIONS**

- ✓ Elevate your leg above the level of your heart as much as possible to reduce swelling. Apply an ice pack for 20 minutes each hour for the first 2 days. Be aware that swelling may remain for several months after your surgery.
- ✓ You will be placed in a posterior splint after surgery. Keep this dressing in place until your 1<sup>st</sup> postoperative appointment. Keep the splint clean and dry. DO NOT remove the splint. If you feel it is too tight, you may remove the *outer* ace wrap and re-apply it.
- ✓ Use your crutches to get around as needed. DO NOT bear weight on the ankle until instructed to do so by Dr. McNamara.
- ✓ Take the pain medication prescribed to you on an as needed basis. Be aware that a common side effect of some pain medications is constipation. It is important to remain well hydrated and include fiber in your diet. You may use an over the counter stool softener or laxative if necessary.
- ✓ Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods in the first 24 hours after surgery.
- ✓ If you have not already done so, call the office to schedule your first post operative appointment for 7-10 days after surgery. Call 913-381-5225 and follow the prompts for scheduling.