

## MATTHEW J. DUBIEL M.D.

Shoulder and Elbow Surgery  
www.mdubielmd.com

### Ankle Fracture ORIF

#### DIET

- Begin with clear liquids and light foods (jello, soups, etc.)
- Progress to your normal diet if you are not nauseated

#### WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling occurs
- It is normal for the incisions to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing
- Keep your dressings on until your appointment
- You can shower two days after surgery. Keep your dressings clean and dry, you may need to cover with garbage bag.

#### MEDICATIONS

- You may have had numbing medication injected near your wound and this should wear off between 12 and 24 hours.
- Only use your narcotic pain medication if needed

\*Take Aspirin 325 mg twice a day for three weeks to decrease the risk of blood clots\*

#### Primary Medication-Oxycodone

- Take 1 – 2 tablets every 4 – 6 hours as needed Max of 12 pills per day
- Plan to use it for 1 to 2 days, depending on level of pain
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, **take medication with food.**
- If constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed
- Do not drive a car or operate machinery while taking the narcotic medication
- Ibuprofen 400-600mg (i.e., Advil) and acetaminophen (Tylenol) may be taken in between the narcotic pain medication to help smooth out the post-operative 'peaks and valleys'. Alternating ibuprofen and acetaminophen with each other allows you to maximize your pain control and minimize the need for the narcotic pain medication.

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### **ACTIVITY**

- Do not put weight on your ankle
  - Do not engage in activities which increase pain/swelling over the first 7-10 days following surgery
  - May return to sedentary work ONLY or school 1-2 days after surgery, if pain is tolerable
- \*Ice and elevate. Do not place ice bag directly on skin.

### **\*\*Emergencies\*\***

- Contact Dr. Dubiel or his team at 231-935-5880 if any of the following are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (over 101° – it is normal to have a low-grade fever for the first day or two following surgery) or chills
  - Redness around incisions
  - Color change in wrist, hand, or lower extremity
  - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting
- If you are experiencing an urgent need that cannot wait until normal business hours, call 231-935-5000 to be connected with the Munson Switchboard and ask for the Munson Orthopedic Institute on-call physician to be paged.
- If you have an emergency that requires immediate attention, proceed to the nearest emergency room.
- If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours 231-935-5880