

Dr. Jothi Murali-Larson
SMART Orthopaedic Surgery
Ankle ORIF (open reduction internal fixation)
Postop Instructions

Dressing:

Keep your splint clean and dry until your postop appointment. For showers, use a waterproof bag. Or, take baths to ensure your splint stays dry.

Activity:

You should regularly wiggle your toes. Keep your leg elevated as much as possible. Use crutches for ambulation. Do NOT put weight on your leg (NON weight bearing x 6 weeks).

Swelling:

Swelling of the toes and ankle is quite normal and will persist for several weeks after surgery.

Ice:

Place ice on top of your ankle or rest your ankle on top of ice at least 3 times per day for 20-30 minutes. Ice helps with pain and swelling.

Pain medication:

You will get further details about your pain medication. Make sure to take your pain medication regularly for the first few days to try to keep the pain under control.

Postoperative appointment:

You should have an appointment scheduled with Dr. Murali in 12-14 days. You will be called by both the surgery center and the office on the day following surgery (or Monday if your surgery is on a Friday) to see how you are doing and if you have questions. Your postop appointment will be confirmed at that time as well. At your postop appointment, your splint and sutures will be removed. You will start physical therapy after that visit.

Questions/concerns?

Please call the office at 408 364 1673.