



Dr. Joshua Alpert
Post-Operative Surgery Instructions:
Ankle Ligament Reconstruction Surgery

Immediately After Surgery in the Recovery Room:

- After surgery you will be taken to the recovery room, where your family can meet you. You will have a splint and ace wrap on your operative leg. The splint should stay on until the first post op visit. You are **NON-WEIGHT BEARING** to the operative leg which means you should not put any weight on it when walking. You will be given crutches.
- It is encouraged that you move your knee and toes as much as possible to increase circulation. If you have had a nerve block, that may not be possible on the recovering extremity for up to 24 hours.
- If a nerve block was used, its purpose is to decrease pain and will wear off after surgery anywhere between 6-24 hours. This can vary significantly by individual.
- You will receive a prescription for pain medication for your return home. We recommend taking the first dose immediately when getting home, then as needed. Please note that common side effects of the pain medication are nausea and constipation. Any over the counter stool softener will work for constipation. If you have intolerable nausea, please call our office to discuss further.

After Surgery at Home:

- The splint and ace wrap should stay on until the first post op visit. Keep this dressing clean and dry. You can cover it in a plastic bag to shower.
- Although you are not to put any weight on the operative leg while walking, it is encouraged to get up with crutches and move around

many times a day to increase circulation, promote healing, and prevent blood clots.

- Use ice as necessary for 3-7 days. Ice helps reduce pain, swelling, and inflammation. When you notice it is no longer offering any benefit, feel free to stop using it.
- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.

First Post-Op Office Visit:

- Please arrange to see Dr. Alpert or PA Alyssa in the office 3-10 days after surgery.
- At your first postoperative visit, we will assess the incision, then put a full cast on the ankle to allow the ligaments the best environment to heal in. You will likely be non-weight bearing for 4 weeks total, unless otherwise instructed by your surgeon. In future appointments, physical therapy recommendations may be made.
- If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170 and ask for Alyssa (PA) or Nikki (secretary).

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