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## **Instruction Sheet following Ankle Ligament Repair**

### **Splint and Dressings:**

The post operative splint and dressings placed on you immediately after your surgery must stay on at all times and should be kept clean, dry, and in place. You should cover it when bathing to keep it dry. Use CAUTION when showering so as not to slip and fall. Minimize use of the leg and NEVER bear weight on the leg that was operated on at any point before your first post-operative visit. Use crutches or a knee scooter/walker for comfort and ambulation.

### **Ice and Elevation:**

Keep the leg elevated as much as possible above the level of the heart to minimize swelling and decrease discomfort. You can do this by using pillows and leg rests. It is normal to have some swelling of the toes and lower leg, even with adequate elevation. You may ice the toes/lower leg over your dressings as much as desired for 20 minutes at a time with 20 minutes of rest between icing. You may repeat this cycle as much as you'd like. Know that icing still has a cooling effect even if you don't feel it through your dressings or splint. This will minimize swelling.

### **Medication:**

You will be given pain medication that should be taken as prescribed. Please note that narcotic pain medication may cause constipation. Please remember to take stool softeners (Colace) when using narcotics to help reduce the chance of constipation. You should not use alcohol together with narcotic medication. Do not drive or operate complex machinery while taking narcotic medication. Please note that most narcotic pain medications have side effects that may include nausea, vomiting, sedation, and/or dizzy spells. If you experience any of these side effects to a severe extent, you should contact our office. When your pain is well controlled (2 days to 2 weeks post-op), you may transition yourself to an anti-inflammatory and Tylenol.

You will also be discharged with a blood thinner, Aspirin 81mg, to prevent blood clots. You should take this medication twice a day for 14 days. It is important not to miss any doses of this medication. Please note that this medication may cause an upset stomach or acid reflux.

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If this occurs, you may take an over the counter proton pump inhibitor such as Prilosec, Prevacid, or Nexium to help alleviate these side effects.

You should restart all of your prescription medications once discharged unless specifically instructed otherwise.

**Follow-up visit:**

You need to see the doctor 10-14 days following surgery for your first post-op visit. At that time, your post-operative splint and dressings will be taken off and your sutures (stitches) will be removed at that time. Call the office to arrange this appointment if it hasn't already been made.

**Common Concerns:**

1. Bruising and/or swelling of toes, ankle, or lower leg will continue to develop and may change patterns as time goes on. This is caused by bleeding from the torn tendon into the area below the skin; gravity pulls the bruising downward into the toes. Do not be alarmed by this swelling and/or bruising anywhere along the lower leg.
2. Numbness or tingling of the lower leg is a result of disruption of superficial skin nerves during the procedure, or irritation to these nerves due to swelling. Most of this will resolve over time.
3. A sudden rush or feeling of fullness with pain when going from sitting to standing of the lower leg is common after surgery.

**Please call immediately if:**

1. If at any time you have discomfort, hardness, swelling, or redness in the calf (behind the leg between the knee and the ankle) please call the doctor immediately.
2. Any oozing or redness of the wound, fevers (>100.4 degrees F), or chills.
3. Any difficulty breathing or heaviness in the chest.

**REMEMBER - these are only guidelines for what to expect following an ankle tendon repair. If you have any questions or concerns please do not hesitate to call the office.**