



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.

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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