

Patient Name:

Post-Op Appt:



## **Dr. Adam Jester's Postoperative Instructions Ankle/ Foot ORIF**

### **Post-Operative Instructions:**

- NON WEIGHT-BEARING on the operative leg. Use crutches, a walker, or a wheelchair for transportation.
- Elevate and ice (over the splint) at least 4x/ day.
- DO NOT remove splint. Keep the splint clean and dry. It will be removed in office at your next visit.

### **Pain Control Protocol:**

- Medications, if indicated, will be electronically sent to your pharmacy on file. Narcotic medications should be used as needed.
- We recommend alternating over-the-counter Ibuprofen 600mg when pain is not as severe as long as you are medically able to take the medication.

### **DVT (Blood Clot) Prevention:**

- Begin use of Aspirin 81mg twice a day. This medication will be sent to your pharmacy on file. It is also available over-the-counter.

**For any questions or concerns call:  
(813) 684-2663 ext. 304**