



## JONAS R. RUDZKI, MD

SPORTS MEDICINE ORTHOPAEDIC SURGEON,  
SPECIALIZING IN SHOULDER & KNEE SURGERY

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### POST-OPERATIVE INSTRUCTIONS: ANKLE FRACTURE

1. You may slowly resume a regular diet as tolerated. We recommend you start slowly with clear liquids, diluted Gatorade, chicken/beef broth & crackers. As soon as you get home, take small bites of food (1/4 turkey sandwich, diluted Gatorade, chicken soup, crackers) and 30 minutes later take your first pain pill (Percocet). Repeat this process 45-60 minutes later and take a 2<sup>nd</sup> pain pill (Percocet). Repeat again 45-60 minutes later and take an Oxycontin. From this point forward, take Percocet 1-2 tabs every 4-6 hrs and Oxycontin 1 tab every 12 hours. ***It's important to stay ahead of pain, but do not take the pain pills if you are sedated.***
2. Elevate your operative extremity as much as possible by keeping your knee above your heart and your ankle above your knee.
3. You may try to ice your ankle for 30 minutes at a time, 2-3 times each day but this typically is less helpful after surgery because the splint limits the ability for the ice to make the surgery site cold. It is very important however, that you **not** let your splint get damp or wet in the process.
4. You may take a bath with assistance as long as you keep the splint dry.
5. You will be strictly Non-Weightbearing after the surgery. Please use crutches or a walker and do not put any weight on your operative extremity. Please to not use the operative extremity for any lifting, pulling, or pushing activities.
6. Please schedule a follow-up appointment to have your splint and sutures removed ~7-14 days after your surgery. At this visit we will discuss the plan for your therapy and recovery. For the initial period after surgery, the most important consideration is elevation and protecting the extremity.
7. If you develop a fever (temperature greater than 101.5 F), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
8. You will be given 2 prescriptions for pain, usually Percocet & Oxycontin. These are narcotics, to be used on an "as needed" basis for pain. The pain medications are all opioid narcotic derivatives which have potential side effects that include constipation, nausea and sleepiness.
9. Please take Peri-Colace (laxative), drink a lot of water, and eat dried apricots/prunes 3x/day. These medications should not be taken on an empty stomach.

Please **do not take any Motrin, Ibuprofen, or Aleve (NSAIDs)** as these may impair your healing.

If you have any questions, contact the MA for Dr. Jonas Rudzki @

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