



Sports Medicine Institute  
Dr. Palumbo

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Post Operative Instructions for Ankle Arthroscopy Patients  
Level 2: Fracture Repair, Achilles Tendon Repair, Brostrum Repair,  
Peroneal Tendon Repair/Debridement

1. Thank you for choosing OAA and Dr. Robert Palumbo.
2. Your first meal should be a light meal.
3. Use an ice bag applied to your ankle for 20 minutes every hour or the bMini continuously. Do not place ice directly on your skin. Use a thin, damp towel or cloth between the ice and skin.
4. Use crutches as directed per your Surgical Discharge Orders.
5. Elevate your leg frequently so that your ankle is higher than your knee and your knee is higher than your hip (i.e., lie down with your leg raised with pillows underneath the entire leg). Move your foot and ankle up and down frequently.
6. During your first post-op office appointment, a decision about a post-op splint or brace will be discussed.
7. A prescription for pain medication has been provided to you. Use the medication as directed on the bottle. **DO NOT TAKE OVER THE COUNTER ANTI-INFLAMMATORY MEDICATIONS (Advil, Aleve, or Motrin)** because it may compromise bone and tissue healing.
8. You should also take Aspirin 81 mg daily for 4 weeks provided that you are not allergic to it.
9. You may shower 24-hours after surgery. The dressings and splint must stay dry at all times. Do not swim or soak in a tub or whirlpool until after your first post-op office visit and Dr. Palumbo's Team has given approval.
10. Activities:
  - A. Let pain be your guide to activity.
  - B. Do not use exercise machines unless specified by Dr. Palumbo's Team or your physical therapist.
  - C. If you have a desk job with little physical activity, you may return to work if approved by Dr. Palumbo's Team.
  - D. If your job requires excessive lifting, walking, and/or prolonged standing, your return to work date will be discussed during your first post-op office visit.
11. You should have a post-op office appointment 7-14 days following your surgery. If you do not have an appointment, call the office on the next business day to arrange one.
12. If you develop a fever (101.5° F or higher), redness around the splint, pain in your calf or have any concerns regarding your procedure or recovery please call the office at once.

Thank you for following the above instructions. If you have any questions, please call our office at (610) 973-6200 and ask for one of the following Team Palumbo Staff members: Brian Kephart, PA-C, ATC or Casey Muthard, BS.