

## What to expect

### Expected hospital stay:

2-3 nights. You are discharged when you are confident and comfortable.

### Anaesthetic:

A combination of an ankle block and general anaesthetic is used for the surgery.

### Can I walk?

You may not put any weight on your operative foot, however you may use crutches, frame or wheelchair, but you must rest and elevate your foot (23 3/4 hours a day) for 1-2 weeks after the procedure.

### Can I shower?

You may shower, but keep your cast and dressing dry & intact.

### How long does the postoperative cast stay on?

The first cast remains on for 1-2 weeks after the surgery. After this time the cast is replaced with a light weight fibre glass cast for 4-6 weeks, then a CAM Walker for a further 4-6 weeks, then progress to supportive shoes with insoles.

### When can I resume normal activities?

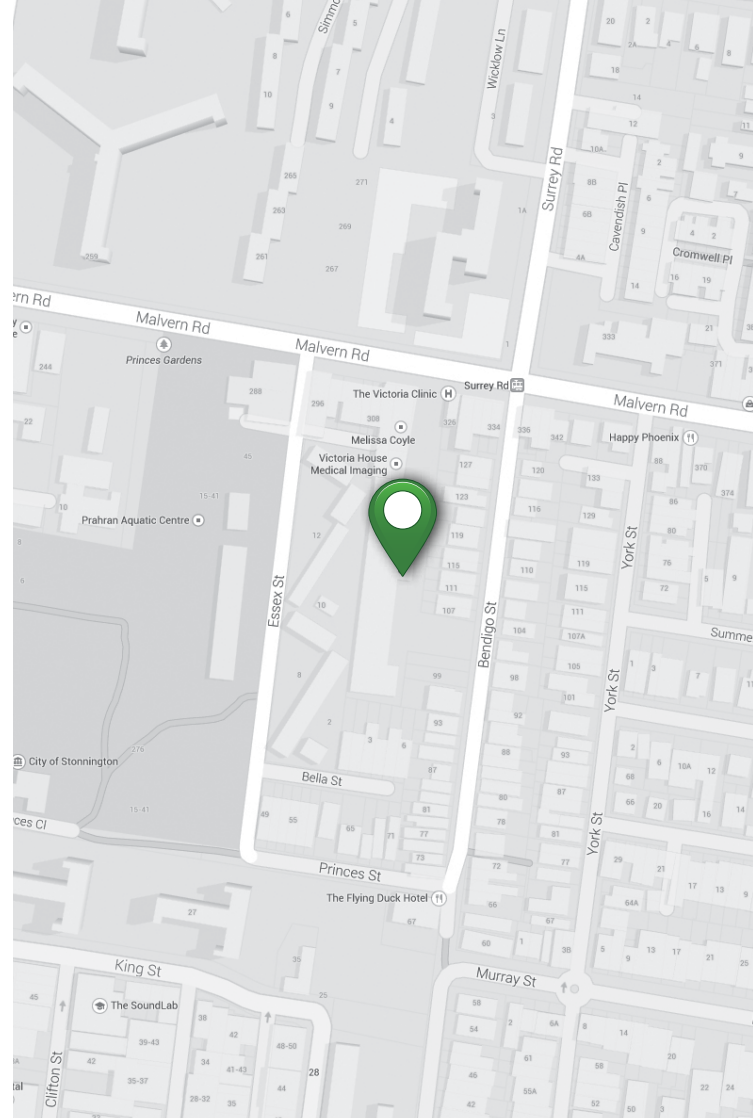
After the two week mark, a slow increase in activity is encouraged. It will take 2-4 months to feel the benefits of the surgery, it may take 1-2 years to fully settle.

### Your first post operative appointment:

This will occur 1-2 weeks after your procedure. At this time your dressings are removed and wounds assessed.

### When can I return to work?

If you have a sedentary job you will need at least 2 weeks off. If you have an active job where you stand or walk you will probably require 1-2 months off work.



# Ankle & Hindfoot Fractures



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## Ankle Fractures

Ankle fractures are common. If they are misdiagnosed or left untreated, they can lead to long term pain and arthritis.

There are many different types of ankle fractures. Most require surgery to realign the bones and ankle joint.

Open reduction and internal fixation (ORIF) is usually performed with plates and screws that secures the bones in anatomical position during the healing process. Sometimes these need to be removed at a later date after the initial surgery.



Pre Op

Post Op

## Other Hindfoot Fractures

Other traumatic injuries that almost always require surgical intervention include;

### Tibial Plafond fractures

This fracture involves the ankle joint and can involve the joint surface. These must be treated surgically to help minimise the risk of deformity, pain and arthritis.

### Calcaneal fractures

Calcaneal fractures are commonly sustained from high impact activity such as a fall from a height or sporting injuries.

The majority of these injuries require surgical intervention to reposition and realign the bone to aid in prevention of various different methods used to treat these fractures and the type of surgery is determined on an individual basis arthritis, pain and deformity.



Pre Op

Post Op