



Post operative instructions for a CAM boot

Obtaining the best result after surgery requires your input.

In Hospital

After surgery your ankle will be in a crepe bandage and a CAM boot

You will see Mr Curry prior to discharge who will explain the surgery and any instructions for your dressings and post operative care.

You will see a physiotherapist prior to discharge who ensures you are safe with crutches and can go home.

The first 48 hours

At 48 hours after your surgery if Mr Curry has advised you can remove the crepe bandage and begin ice application.

The dressings on the skin are to remain until your review with Mr Curry.

The first 2 weeks

- Elevation
- Rest as much as possible- you can be up to the toilet and about the house, but most of your time should be rest with your foot up.
- Ice application
- Weightbearing as tolerated
- Begin gentle ankle range of motion exercises
- The boot can be worn during the day if required for pain relief
- **The boot is to be worn at night to hold your ankle in a good position and prevent stiffness.**

Elevation

This reduces swelling and pain and helps to regain your motion earlier.

The ankle should be above the level of your hip while sitting or on a pillow at night.

Ice application

This reduces swelling pain and inflammation. Apply ice 3-4 times daily for 15mins at a time. DO NOT apply the ice direct on to the skin- use a cloth, bag of frozen vegetables, or a commercially available icepack.

Weight bearing

You can put all of your weight on the operated foot. Crutches are used as necessary.

Ankle range of motion

- Begin after the bandage has been removed.
- They should be gentle and not forced.
- Do not undertake any lunges.
- Movements- Up and down, side to side, and in a circle
- 2 minutes in each direction 3 times a day.

Post operative problems

If you are struggling in any way and are experiencing any of the problems outlined below please contact the rooms on **(03)99286560**

- Infection of the wound.
- The wounds feel painful and hot.
- You notice redness moving up the leg.
- You notice a discharge from the wound or the wound begins to smell.
- You feel unwell with a fever.
- Increased swelling.
- Your toes change colour and become cold.
- You develop pain in your calf.
- There is excessive fresh blood coming from the dressings, which has not stopped with elevation or the application of pressure.
- Your pain relief is not helping to control your pain after you have rested with your limb elevated.
- You are experiencing side effects due to the medication.
- You have got your cast or dressing wet in the shower.

Post operative appointment

You will have an appointment to see Mr Curry at 2 weeks from your surgery.

At this appointment the following will occur

- Review by our Nurse Practitioner who will remove sutures and provide general advice
- Review by Mr Curry to explain the findings at surgery and provide advice regarding progress, exercises and recovery.

If you have any questions or require further information please contact Mr Curry's rooms on **(03)99286560**.