



## **Total Ankle Replacement Postoperative Protocol**

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**Disclaimer: This is a basic guideline and may change depending additional procedures performed or per surgeon based on patient specific factors.**

### **First post-operative visit (10-14 days)**

- Your sutures will be removed, and the dressing will be changed.
- You will be placed in a boot brace with your ankle in a neutral position to control range of motion during early walking.
- You will sleep in the boot for the first 4 weeks.
- You will be shown how to perform basic range of motion ankle exercises.
- Keep the incision area dry and clean.
- You may shower in 4 days after sutures are removed. Please remove Steri-Strips in seven days. **ABSOLUTELY NO OINTMENTS over the incision.**
- If you notice increasing pain, redness, swelling or leaking of the wound: contact us or your surgeon immediately.

### **3 weeks**

- No weightbearing. No walking. May place foot down for balance.
- A compression stocking will help with swelling.
- When moving around maintain no weight on the ankle and use the boot with crutches, walker, knee scooter or wheelchair.
- May wiggle toes, limit ankle range of motion.
- Ankle ROM may be permitted if wound has healed

### **4-7 weeks**

- Progressively increase weight bearing in the boot brace. Start with 50% and increase 25% each week until you are putting 100% of your weight on the ankle. Your physical therapist will guide you on how much weight is appropriate as you progress. Use crutches or a walker for assistance in this phase.
- In between weight bearing walking episodes, use the walker, crutches or rolling knee scooter
- Continue to avoid twisting of the ankle
- Continue with active and passive ROM of the ankle

### **2 months-3 months**

- Wean out of the boot brace as tolerated over the next month.
- Please obtain a lace up ankle brace or compression sleeve to help when performing long periods of exercise.

### **3 months-6 months**

- Avoid walking on uneven or rocky terrain. If you are going to do this, wear a LACE up ankle brace.
- Continue increasing your activity as tolerated.

**6 months to 2 years**

- Follow up every 6 months until one year. Then yearly follow ups with x-rays
- Continue increasing your activity as tolerated