

5 FirstVillage Drive
P. O. Box 2000
Pinehurst, NC 28374-2000
910-295-6831
www.pinehurstsurgical.com

 **PINEHURST SURGICAL**
e x c e l l e n c e i n p r a c t i c e
Surgery Center of Pinehurst

Ankle ORIF Home Care Instructions

GENERAL & BARIATRIC SURGERY

RAYMOND G. WASHINGTON, M.D.
FABIAN E. ALZAMORA, M.D.
H. WILLY CHU, M.D.
DAVID W. GRANTHAM, M.D.
REID C. VEGELER, M.D.
BAILEY SANDERS, M.D.

EAR, NOSE & THROAT, HEAD & NECK

CARL W. BERK, M.D.
JEFFERSON K. KILPATRICK, M.D.
WYMAN T. MCGUIRT, M.D.
WALDEMAR L. HEFKOHL, M.D.
MATTHEW R. GRAFENBERG, M.D.
JUSTIN D. MILLER, M.D.

WOMEN'S COMPREHENSIVE HEALTH

STEPHEN A. SZABO, M.D.
WILLIAM V. TERRY, M.D.
LISSETTE MACHIN, M.D.
SHAYNA S. JONES, M.D.
TAYLOR MCCAULEY, M.D.
RYAN B. NANCE, D.O.

UROLOGIC SURGERY

ROBERT J. CHAMBERLAIN, M.D.
GREG L. GRIEWE, M.D.
MANLIO A. GOETZL, M.D.
JOHN R. MICHALAK, M.D.

VASCULAR AND VEIN CARE

CLINTON K. ATKINSON, M.D.
PAUL A. VIETA, JR., M.D.
GLENN FUSONIE, M.D.
DAVID ADAMOLEKUN, D.O.

OPHTHALMOLOGY

MILES W. WHITAKER, M.D.

ORTHOPAEDIC SURGERY

MARK E. BRENNER, M.D.
WARD S. OAKLEY, JR., M.D.
NEIL A. CONTI, M.D.
JOHN R. MOORE, IV, M.D.
DAVID E. STROM, M.D.
DAVID J. CASEY, M.D.
KURT P. WOHLRAB, M.D.
DANIEL M. WILLIAMS, M.D.
CHRISTOPHER M. JOHNSON, M.D.
JAMES T. MARINO, M.D.
TONI A. WASHINGTON, M.D.
DANIEL M. WILLIAMS, MD
ALEXANDER C. LEMONS, M.D.
LYNN M. FRASER, M.D.

PLASTIC & FACIAL PLASTIC SURGERY

RUSSELL B. STOKES, M.D.
JEFFERSON K. KILPATRICK, M.D.

Bandages:

Keep dressing clean and dry to prevent infection. Do not remove dressing or splint. The dressing/sutures will be removed at your scheduled post-op visit. Do not swim, bathe, or soak dressing. If you do get the bandage/splint wet please contact the office so we can assess if it needs to be changed before your post-op appointment.

Rest/Elevation:

You should be non-weightbearing using crutches, walker or scooter until your post-op appointment. Elevation above heart level as much as possible will help decrease swelling and help with your pain.

Ice:

Ice will help relieve the swelling and pain. Use the ice bag on your ankle 20 minutes on and 20 minutes off, during waking hours.

Medication:

A prescription for a pain killer will be provided and is usually needed for the first few days after surgery. It may cause nausea and constipation. Please take the medication with food and drink plenty of fluids to stay hydrated. If you experience severe nausea with the medication, please contact my office. Do not drive as long as you are taking pain medication.

Follow-up Appointment:

Please keep your scheduled post-op appointment or call us if it is inconvenient so that we can reschedule you.

Things to watch out for and call the office about are:

Bleeding: if the bandage becomes soaked or the bloody area is larger than the size of a hand.

Fever: above 101

Pain: unrelieved by the pain medicine

Difficulty breathing

If you have any problems or questions after your surgery call

- **Dr. Wohlrab's Triage Line at 910-621-3791.**
- **After office hours at 910-715-1000 and ask for the Pinehurst Surgical Orthopedic Doctor on call.**
- **Our Afterhours Clinic is also available to walk in Monday-Friday 5PM-7PM, Saturday 9AM-11AM and Sunday 1PM-3PM.**