



Town Center

ORTHOPAEDICS

Total Ankle Replacement

- Same Day Outpatient Surgery, possible Overnight stay if needed
- General anesthesia with regional nerve blocks
- Activity:
 - **Mostly non-weightbearing, but allow protected heel weightbearing for 2 weeks**
 - Weightbearing in a walking boot for 4 additional weeks
 - Ice/elevate surgical leg with ice behind knee of surgical leg
 - Keep dressing clean, dry, intact. Do not remove splint
- Splint/Boot:
 - Splint 2 weeks
 - Walking boot next 4 weeks
- Walking Boot:
 - **At 2 weeks, weightbearing to comfort**, based on pain/swelling
- Follow-up: 703-435-6604
 - 2 weeks: Remove splint, suture removal, transition into walking boot, x-ray, physical therapy
 - 6 weeks: Transition into tennis shoe, X-ray, low-impact activities
 - 12 weeks: final check-up, x-ray
- Assistive Devices:
 - Crutches, walker, knee scooter
- Physical Therapy:
 - **Offered after 2 weeks (Once sutures/stitches are removed and soft tissue is amenable)**
- Total Recovery:
 - 12 months
 - Will not be able to do high-impact activities after ankle replacement (no running, jumping, etc)
 - Best activities after total ankle replacement are biking, walking, hiking, and swimming