



PROTOCOL

Lateral Ligament Reconstruction (Brostrom / Modified Brostrom)



Before Surgery

- If it was provided, please bring crutches the day of surgery.
- No eating or drinking after midnight before the surgery.
- Physician will meet you in the pre-operative area at the hospital or surgery center.
- Anesthesia will place and an IV will provide some relaxing medication.
- You may have a nerve block performed by Anesthesia.

Right After Surgery

- You will be in a soft cast (splint) after surgery. The soft cast should stay on until you return to the office.
- Do not put weight on the leg after surgery.
- Keep the leg elevated above your heart as much as possible.
- Keep bandage on until seen in the office.

Postoperative Course

After Surgery (Weeks 1-2)

First Follow-Up In Office

- Dressings changed.
- Will go back into a soft cast or full cast.
- Continue to not put weight on the foot.
- You can drive if surgery was performed on your LEFT ankle.
 - Do not drive if taking pain medicine.



After Surgery (Week 4)

Second Follow-Up In Office

- May see Physician Assistant.
- Wound check and transition to a walking boot.
- You may begin to put weight on the foot while in the boot.
- You will be given a stirrup to wear at night.
- Will start physical therapy.
 - Should do dorsiflexion and plantarflexion only.
 - NO eversion or inversion of ankle.
- May bathe at four weeks if sutures have dissolved.
- Off of all pain medicine.

After Surgery (Week 6)

No Office Visit

- May drive if surgery on right ankle.
 - Should continue to wear brace while driving.

After Surgery (Week 8)

Third Follow-Up In Office

- Transition from boot to brace.
- Can stop using the stirrup at night.
- May have some swelling with increased activities.
This can take months or even up to a year to completely go away.
- Continue physical therapy.
 - Should be working on full motion, strengthening.

After Surgery (Month Four)

Fourth Follow-Up In Office

- Appointment with physician.
- May be finishing formal physical therapy, doing home exercise program, can jog.
- Should wear brace with daily activities and with activities on uneven ground.
 - Often wear brace with high level activities or with uneven ground for a year.
- Can perform all daily activities as tolerated.

