

Brostrum Reconstruction Surgery

Brostrum reconstruction surgery is performed to tighten the ligaments of the lateral ankle in the setting of symptomatic ankle instability.

*Following a Brostrum reconstruction procedure:

Doctor's Orders:

- *Strict NON weight bearing (meaning do NOT place any part of the foot down on ground) for 2 weeks.
- *Then weight bearing as tolerated for additional 4-6 weeks in a cam walker boot.
- *Keep foot elevated above heart level to reduce swelling for the first 2-3 weeks or as long as it takes for you.
- *Minimal activity.
- *You will need the assistance of crutches, a walker, a roll-a-bout device, and/or wheelchair during the non weight bearing weeks.
- *Do not immerse operated foot/ ankle in water.
- *Do not place any items down into the cast for any reason; please call the nurse for advice.
- *Keep cast/ cam walker boot clean and dry.
- *You will need to plan for clothing to fit over the cast or cam walker boot.
- *You need to practice heel weight bearing activity prior to surgery, to verify you are able.
- *You may not drive for 6 to 10 weeks post-op, maybe longer if complications or other procedures are included in your surgery not noted above.

Usual post-op procedure:

- *You will be placed in splint at the surgery center or hospital.
- *You will leave the surgery center or hospital with a prescription for pain medicine.
- *There will be continued bleeding for several hours after surgery, the blood may be visible through the splint/ dressing; this is expected. Should the bleeding be such that it is leaking or dripping from the splint and dressing, please contact the office for advice and an appointment.
- *First post-op visit is 2-3 weeks from surgery date, for a wound check, possible suture removal, and placement into your cam walker boot.
- *Typically, the first set of post-op x-rays are taken at your 6 week post-op visit.
- *You will have residual swelling; this should resolve over a 4-6 month period from your surgery date.

Some Potential Complications:

- *Infection of incision site.
- *Excessive activity may cause increased pain and swelling; which can lead to other complications.
- *Repeat surgical procedure.
- *Tobacco use increases the risk of complications and inhibits healing.
- *Certain medical conditions increase the risk of complications and inhibit healing.
- *Numbness or nerve pain around your incision site.

I have read and understand the above surgical protocol. All questions were answered in a language I understood.

Signature of Patient or Authorized Signature for Patient

Date

If you have any concerns or questions, please call 635-3052 to speak to my office for directions on how to proceed.