



## Lateral Ankle Ligament, and Deltoid repair and Scope

Note: Recoveries can differ from patient to patient based on multiple factors. The guidelines below are a general idea of what the average recovery will be.

- Weeks 1-2 – NWB in posterior splint – ice behind knee, elevate, minimal activities except eating, using restroom
- Week 2-3 -- remain NWB -- sutures come out (usually) – transition to walking boot –
- Weeks 3-6 – FWB in boot as tolerated – use cryo cuff, elevate, compression socks
- Weeks 6-8 -- transition to sneaker as tolerated with lace up brace and start physical therapy

### NOTES:

We will check vitamin D levels at time of surgery and optimize – 50-65 ideal range.

Control edema with compression socks and elevation

Use Vitamin E oil, Mederma etc to work on incision healing