



## Total Ankle Replacement (TAR) Post-Surgical Guidelines

<b>Week 0-3</b>	Rest, elevate limb, take pain medications, keep splint dry
<b>Week 3 Post-op</b>	Return to clinic for suture removal and x-ray. Examination of the surgical site will occur and you will be WBAT (weight bearing as tolerated) in a tall walker boot. Boot may be removed for sleep, non-weight-bearing showers and PT. Start Physical Therapy.
<b>Week 6 Post-op</b>	If cleared by MD, patient will wean into stirrup brace with PT. Use brace and sneaker until next f/u appointment with MD in 6 more weeks. Continue Physical Therapy
<b>Week 12 Post-op</b>	If cleared by MD, patient will stop use of stirrup brace and just use supportive shoe. Continue PT as needed and advance to home program as determined by PT/MD.
<b>6 Month &amp; 1 Year Follow-Ups</b>	X-ray and clinical exam.