

## **POST-OPERATIVE INSTRUCTIONS**

### **ARTHROSCOPIC SURGERY OF THE ANKLE**

#### **The first 2 weeks**

You have just undergone arthroscopic surgery on your ankle.

The operation was performed through 2 small ( <1 cm) incisions on the front of your ankle. At the end of the procedure, a local anaesthetic agent was infiltrated around these portals, as well as into the joint itself, in order to reduce post-operative pain. The wounds have been closed with small sutures and have then been covered by sealed adhesive dressings. Bandages have then been wrapped around the joint, to control swelling, secure the adhesive dressings and provide comfort.

Expect *some* pain in your foot, particularly when the local anaesthetic wears off, but this should be controllable with elevation and oral pain-killers, and should improve dramatically over the next 48 hours.

When you are able to comfortably stand and mobilise independently, you can go home.

The nursing staff will let you know when it is safe to get out of bed. A physiotherapist, usually, will assist you in learning to use crutches, and Dr Newman will tell you how long these will be needed for.

Occasionally, there can be some blood seepage into the dressings causing staining. This is rarely a cause for concern, unless copious.

You may shower, but it is important to keep dressings dry. The outer bandages may be removed after 24 hours. The inner adhesive dressings can be replaced regularly after the first three days.

Keep your foot elevated as much as possible. Hip height is ideal when you are seated.

If you have any concerns regarding your progress before your first post-operative appointment, please ring the rooms, during normal hours, or your local doctor, if available after hours. If you require urgent out-of-hours attention, please ring or present to a hospital Emergency Department at any time. Both Norwest Private and Sydney Adventist Hospitals provide this service.

#### **Subsequent weeks**

Unless Dr Newman stipulates otherwise, you can now bear full weight on the limb. However, sport and high energy activities will need to be strictly avoided for 6 weeks. You may swim or cycle.

Exercises to help restore joint motion should be performed regularly.