

Ankle Arthroscopy: Post Operative Protocols

WEIGHT BEARING

- USE CRUTCHES do not put weight on your foot while walking for
- Keep your leg elevated above the level of your heart when seated and at night

DRESSINGS

- Leave the dressing put on in the operating room on for 48 hours
- Place ice in a waterproof bag over the dressing for about 20 minutes 3-4 times a day for the first 5 days
- It is ok to undo the straps on the boot to ice your ankle
- Leave the surgical dressings for 2 days, then remove and apply a Band-Aid or light dressing.
- Once the incision is dry you may leave it uncovered, keep the stitches clean. **DO NOT APPLY POLYSPORIN OR ANY OTHER OINTMENT OVER THE INCISION.**
- OK to shower 2 days after surgery and pat the incision dry but **DO NOT SOAK** foot/ankle until stitches are out

ANESTHETICS

Local anesthetics injected around your surgical site will wear off within 4-8 hours after your surgery and pain will increase at that point - THIS IS NORMAL

Start taking the pain medications provided when you START to get pain in your foot/ankle, do not wait until the pain has become severe

Local anesthetics injected around your surgical site will cause the skin to be numb for a period of time, THIS IS NORMAL

BLEEDING

It is NORMAL for some bleeding to occur through the dressings. Keeping your extremity elevated will help with the amount of bleeding

SWELLING

You can expect that your foot will swell after surgery. Keeping your foot elevated above the level of your heart will reduce the amount of swelling and pain. **THIS IS THE MOST IMPORTANT THING FOR SWELLING AND PAIN MANAGEMENT**

MEDICATIONS

PAIN CONTROL IS IMPORTANT! Do not wait until your pain is unbearable before taking the pain medication given

- Take pain medications as prescribed

If you feel like the pain medication is too strong is okay to stop it and take extra strength Tylenol instead

RANGE OF MOTION (see next page)

Begin moving your ankle as soon you are able, take off the boot and repeat up and down exercises and draw the alphabet with your big toe 10-15 times each hour

At day 5 try using a towel around your foot to help get more stretch

FOLLOW-UP

Call the office to make a follow-up appointment for 10-14 days after surgery. This is when your stitches will come out We will discuss your surgical findings and I will give you further instructions on increasing your weight bearing, physiotherapy if needed and when you can return to sports

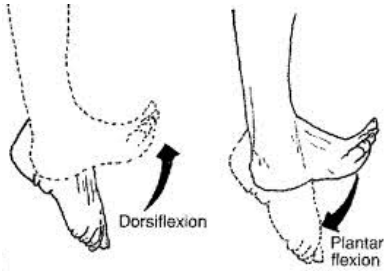
DRIVING

You may drive if surgery is on the LEFT when you are off narcotics and if your car is an automatic. If surgery is on the RIGHT you can drive when you are full weight bearing without aids. YOU CANNOT DRIVE WHILE YOUR FOOT IS IN A WALKING BOOT.

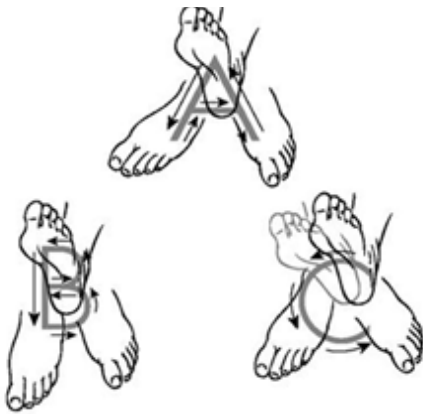
*** NOTE IF YOU HAVE HAD ANOTHER PROCEDURE WITH YOUR ANKLE ARTHROSCOPY THIS PROTOCOL MAY CHANGE SLIGHTLY

ANKLE RANGE OF MOTION EXERCISES - BEGIN AS SOON AS ABLE

1. Ankle dorsiflexion (toes towards your nose) and ankle plantar flexion (toes towards the floor)



2. Drawing the alphabet with your bit toe



3. At day 5 add a towel around your foot for added stretch

