DELAWARE ORTHOPAEDIC SPECIALISTS

Ankle Arthroscopy Surgery Guideline

Diet: Start out with liquids and progress to your regular diet as you tolerate.

Activity: Do not perform any strenuous activity or use limb to carry or walk until cleared by your Doctor

Exercise: Perform all exercises instructed as much as tolerates until return visit. Make sure you have a Physical Therapy post-operative appointment, preferably the day after surgery.

Pain Medication: You will be given a prescription for narcotic pain medicine before you leave the surgical facility. Take this medicine for severe pain only. You may also use Advil or Motrin, an over the counter medication if you choose. Any activity that requires precise thinking and accuracy must be avoided while on narcotics after surgery, which includes operating machinery and/or driving a vehicle.

Ice: Ice is an excellent source for relief of pain, swelling, stiffness and inflammation. Use it 20 minutes out of every hour while awake for the first day. Then use ice as needed after the first day. It can be used for several weeks as needed. The ice should never be placed directly on the skin.

Return Visit: Your Post OP appointment has been set up for you and was stated in your surgery letter that was mailed to you. If you need to change this, please call (302) 655-9494.

Emergency or Problems: DOS staff is available 24 hours a day in case you experience any problems once you leave the surgical facility. After hours, please call (302) 655-9494 for assistance.

Wound Care: Your incision is closed with sutures or steri-strips. It will usually drain or leak after you have returned home. Do not become alarmed unless you consider the volume or color of the drainage to be excessive. Starting on the second post operative day, you may remove all outer bandaging – please keep steri-strips in place. You must use waterproof bandages when showering to keep incisions dry. If steri-strips fall off, please cover with a bandaid.

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Showering: You should never take a bath, use a hot tub, or go swimming until instructed to do so. You may shower only if you keep the incisions completely dry. Waterproof dressings can be purchased at your local pharmacy. (ie Tegaderm)

Suture Removal: Your sutures or staples will be removed at 10 days to 2 weeks after your procedure.

Surgery Supply Info

Lower Extremity Surgery

- Be prepared that you may not be able to walk without assistance (use of crutch or crutches) for a period of time.
- Place to sleep comfortably, as climbing up and down stairs may be unreasonable for a few days (sleeping on a couch, downstairs bedroom, etc..)
- Waterproof bandages (Tegaderm) to cover your wound when showering. They can be found at your local pharmacy.
- Extra ice pack (one (1) pound of peas or corn works great.) Ice packs should not be placed directly on the skin.
- A means of transportation, you may be limited from driving for a period of time. Due to multiple reasons, not able to drive while taking Narcotics, unable to use your right leg, etc…
- Possibly use of a shower stool to have if unable to apply weight or balance on one of your legs.

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Ankle Arthroscopy Guidelines

Week 1:

1. Remove bulky dressing, clean and replace with elastic bandage Post Op Day 2
2. Ankle ROM (range of motion)
    a. Point toes down and pull toes up toward body
    b. Move foot in and out
3. Ice 20 minutes every hour
4. Start Physical Therapy

Week 2 – 4:

1. Improve ROM
2. Initiate Strengthening
3. Continue Icing

Week 5 – 8:

1. Start working on regaining full ROM
2. Start working on regaining full Strength
3. Start returning back to normal activities