

ANKLE ARTHROSCOPY

Information: Ankle pain may be treated without surgery and there are many causes of such. If you decide to have surgery ankle arthroscopy may be offered. This is done by 2 small incisions (1/4 inch) on your ankle and placing a camera and other tools into your ankle to address the problem(s). Often, patients have an OCD (osteochondral defect), aka a cartilage injury to the ankle. Other procedures are often done in conjunction with arthroscopy, most of them require traditional open surgery. Risks of surgery include, but are not limited to: infection, wound healing issues, scar, swelling, stiffness, pain, numbness, injury to vessels, bone healing problems, need for future surgery, perhaps a condition you may feel is worse or not much better from your preoperative status. If you need an excuse for work, please let us know before surgery. If it is your right ankle, most patients cannot drive 4-6 wks. Most patients are out of work at least 2wks.

On the day of surgery: You and your anesthesiologist will determine what is best for your surgery. Often, a block is provided by the anesthesiologist. This will decrease the amount of pain after surgery. The risks of anesthesia/block will be discussed with the anesthesiologist. You will be brought to the operating room and your leg will be cleaned for surgery. Drapes will then be placed over your leg and your entire body to keep our field clean. You will be given antibiotics before/during surgery. I will perform your surgery (perform an incision, perform the surgery as above and as we discussed in the clinic, close the tissue/skin, and then place a boot on your leg that must remain on until your first postoperative visit with me. After surgery, I will discuss the surgery with your guest that day.

After Surgery: You will be taken to the recovery room and sent home when the nurses and anesthesiologist think you are suitable for discharge. You are not allowed to walk on the operative leg. You will be sent home on pain medicine with the hope that you can discontinue it as quickly as possible. You can use crutches, knee walker, walker, wheelchair, etc.

Postoperative Course:

2 wks – My team or myself will see you for suture removal and you will be given a handout regarding wound care.

6-8 wks – You will return to advance and transition to an ankle brace

12-16 wks – You will begin to advance activities

4-6 months – You will begin to feel that this is “behind you” and although you are not fully normal/healed, you should be doing quite well. This surgery is a full year recovery. Swelling is the last issue to resolve and can be 6-18 months for any ankle surgery. I’m happy to see you at any time during the scheduled visits or unscheduled visits if you have questions/concerns. *Thank you and I will take excellent care of you!*

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.