

Post Surgery Instructions *Ankle Arthroscopy*

General Treatment Facts

- The goal of this surgery is to return you to full strength and stability in the shortest amount of time.
- Surgery will involve removing scar tissue and/or repairing damaged cartilage in the ankle joint.
- You will not be allowed to bear weight on the operated ankle for 2 weeks after surgery. If you have surgery on your right ankle, you will not be able to drive until you are full weight bearing on the ankle.
- You will be in a soft cast for the first 2 weeks after surgery. Afterwards, you will be placed into a boot for an additional 4 to 6 weeks.
- Cutting sports (i.e. racquetball, soccer, tennis, etc.), ballistic movements, or strenuous running will not be permitted for 3-4 months.

Post Surgery Course

Day 1

- The ankle will be wrapped in a soft cast with lots of padding. If for any reason your splint is uncomfortable or too tight, remove the ace wrap, loosen padding, and re-apply to your comfort level.
- It is important to ice and elevate the ankle, take pain medication, and rest as needed.
- Expect numbness in the ankle for 12-24 hours, and then anticipate the onset of pain. On rare occasion, the peripheral nerve block can last longer than 24 hours.
- No weight bearing on the ankle is permitted.
- Do not get the splint wet.

Day 4

- Pain should improve after the 3rd day. If your pain has worsened since day 3 or you have a fever and/or chills, please call our office.
- Wiggle toes in the splint as tolerated.
- Work the knee, hip, and upper extremities as tolerated.

2 Weeks (approximately)

- First post-operative office visit.
- Your splint will be taken off and your sutures will be removed.

- You will be placed in a boot. You may remove the boot to sleep.
- Begin progressive weight bearing in the boot as tolerated. Add 20 lbs every other day until you are full weight bearing in the boot.
- Begin drawing the alphabet with the foot and ankle out of the boot. This will help prevent stiffness.
- Begin inversion, eversion, and toe crunch exercises with towel out of the boot.
- If the incision is healing well, you may get the ankle wet in the shower 5-7 days after your first post-operative visit.

3 Weeks

- If the incision is healed, you may submerge the ankle under water.
- Gentle exercise on a stationary bike is permitted in the boot.

4 Weeks

- Full weight bearing in the boot is permitted.
- Wean off crutches.

6 Weeks

- Wean out of the boot as tolerated (may vary).
- Start physical therapy (may vary).
- You may be given a lace up ankle brace to wear during long periods of walking and/or exercise.

3 Months

- Avoid walking on uneven or rocky terrain.
- Light jogging and other exercise activities such as squatting and weight-lifting are permitted.
- Continue increasing your activity as tolerated.
- Gradual return to play and normal exercise routine as tolerated.