

Postoperative Instructions: Ankle Arthroscopy

When you get home:

Rest for the remainder of the day.

Be Safe- stay in the care of responsible adult the first 24 hours.

Elevate the leg as much as possible, above heart level.

Use Ice as much as possible. Place over the top of the foot. Some of it may not reach the ankle, but it is still beneficial.

20 minutes on/20 minutes off for regular ice packs.

If you are using a cold therapy machine, use it according to the manufacturer's instructions.

Pain Medication:

Take your pain medication- it's better to stay ahead of the pain.

Oral Narcotic pain medicines (Vicodin, Percocet, Tramadol, Codeine) help with pain, but can cause:

Drowsiness: Be Safe, don't drive, operative machinery, don't mix it with alcohol.

Stomach upset: Take with food, or try over the counter Zantac or Tums.

Constipation: Drink enough fluids, use fiber supplements (Metamucil, Senokot)

Take Milk of Magnesia or prune juice if still constipated after 2 days

You may take anti-inflammatory medication to help with pain and swelling.

Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.

Ok to take with Pain Medications, not with other anti-inflammatories

After 4 days of Toradol, you can take other anti-inflammatory medicines like:

Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lodine, Mobic, Celebrex

Go easy on the anti-inflammatory medications if you have stomach problems.

Dressing and Wound Care:

Keep the surgical dressing in place for 2 days.

Then you may remove the dressing, take a shower (it's okay for the small incisions to get wet).

Use a shower chair or plastic patio chair to sit on in the shower.

Dab the incisions dry with a gauze, then put new gauze dressings or waterproof band-aids over the incisions

No bath/pool/hot tub (putting the ankle underwater) for 2 weeks.

Exercises:

Begin gentle exercises immediately:

Tighten and release your thigh and calf muscles (called Isometric Exercises).

Move the hip, knee and ankle gently to keep them from getting stiff.

These exercises help to prevent blood clots in the leg.

Activities and Restrictions:

You may put full weight on the surgical leg, just use crutches (or walker) for support

Usually crutches are needed only the first 2 days after surgery

You may get up to the bathroom or kitchen, but avoid being up too long (causes swelling).

You'll be getting around your house well within a few days.

Wait for several weeks before being up for hours at a time.

Driving: Only after you are SAFE, which means:

Off pain medications, able to control a vehicle safely- get foot from gas to brake and press hard.

This usually takes about 4 days, sometimes longer. Use your best judgment.

Problems or Questions? Call us at 925.600.7020

Feel free to call us if you have any concerns, or if you have any:

Unrelenting pain, or increasing swelling or numbness, or high fever (above 101.5)

Continuous drainage or bleeding that is soaking your dressing.

Chest pain, shortness of breath