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Instruction Sheet following Arthroscopic Ankle Surgery

Showering:

You may shower 48 hours after surgery. Please use **CAUTION!!** Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not submerge your sutures (stitches) in a bathtub, hot tub, or pool until the doctor tells you it is O.K. to do so. Once you are done showering pat the wound dry and apply fresh Band-Aids.

Dressing:

Remove all cotton and gauze 48 hours after your surgery. You do not need to put a new dressing on your wound; place Band-Aids on each stitch (suture).

Ice and Elevation:

You can ice the ankle to reduce swelling and discomfort. Do not apply ice directly to the skin and do not ice the ankle more than 20 minutes at a time. Let the ankle warm up for about 20 minutes before reapplication. Try to elevate the ankle as much as possible to reduce swelling.

Physical Therapy

Start **physical therapy 2-3** days following surgery. You should have been sent home from surgery with a prescription and can bring this to any physical therapist.

Medication:

You will be given pain medication that should be taken as prescribed. Please note that narcotic pain medication may cause constipation. Please remember to take stool softeners (Colace) when using narcotics to help reduce the chance of constipation. You should not use alcohol together with narcotic medication. Do not drive or operate complex machinery while taking narcotic medication. Please note that most narcotic pain medications have side effects that may include nausea, vomiting, sedation, and/or dizzy spells. If you experience any of these side effects to a severe extent, you should contact our office. When your pain is well controlled (2 days to 2 weeks post-op), you may transition yourself to an anti-inflammatory and Tylenol.



You will also be discharged with a blood thinner, Aspirin 81mg, to prevent blood clots. You should take this medication twice a day for 14 days. It is important not to miss any doses of this medication. Please note that this medication may cause an upset stomach or acid reflux. If this occurs, you may take an over the counter proton pump inhibitor such as Prilosec, Prevacid, or Nexium to help alleviate these side effects.

You should restart all of your prescription medications once discharged unless specifically instructed otherwise.

Follow-up visit:

You need to see the doctor 10-14 days following surgery for your first post-op visit. At that time your sutures (stitches) will be removed.

Weight bearing:

You may bear weight as tolerated on your ankle following surgery. You are advised to wear your boot for comfort, but may wean out of it with the guidance of your physical therapist as you feel you are able. You may also need crutches or a cane for help for a few days to a week.

Common Concerns:

Bruising and/or swelling of the knee, ankle, or foot are common after surgery. To relieve this discomfort it is best to ice and elevate the knee.

Please call if:

1. If at any time you have discomfort, hardness, swelling, or redness in the calf (behind the leg between the knee and the ankle) please call the doctor immediately.
2. Any oozing or redness of the wound, fevers (>100.4 degrees F), or chills.
3. Any difficulty breathing or heaviness in the chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic ankle surgery. If you have any questions or concerns please do not hesitate to call the office.