

ANKLE ARTHROSCOPY SURGERY



SURGERY INFORMATION



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THE SURGERY

The surgery (if performed without other procedures) is usually a day case procedure. Under an anaesthetic, traction is placed on the outside of ankle and a tourniquet is used on the thigh limit the bleeding. Two small incisions are made at the front of the ankle and it is inflated with fluid. A camera is placed into the ankle the ankle is assessed. Scar tissue, cartilage damage and excess bone is debrided and other procedures can be performed.

Associated operations may include:

- Ankle stabilisation (**see Ankle Stabilisation Surgery and Syndesmosis Stabilisation Surgery**)
- Peroneal tendon surgery (**see Peroneal Tendon Surgery**)
- Talar osteochondral defect surgery (**see Talar Osteochondral Defect (OCD) surgery**)



Example of a camera used to look inside the ankle (an arthroscope)

THE HOSPITAL STAY

- You will wake up with cam boot
- If the surgery is performed without other procedures, you can walk in the boot and will be able to go home the same day
- You will need to take vitamin C daily and blood thinning medications for 6 weeks

WHEN YOU GO HOME

- You will need medications for pain relief; **regular paracetamol** (2 tablets four times a day) is recommended, as well as **strong pain killers, especially at night before bed**. These can have side effects of drowsiness, nausea and constipation, and other tablets to help with these side effects may be required.
- Depending on the other procedures performed, you may need blood thinning medication and vitamin C **for 6 weeks**
- You may also need antibiotics until your wounds heal
- You will need a shower chair and bags to keep the moonboot dry for the first 2-3 weeks
- You will need to attend your post op appointment in 2-3 weeks where the wounds will be checked
- After this you will be able to shower with a shower chair out of the boot when you go home

REHABILITATION

All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others.

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0-2 weeks	<ul style="list-style-type: none">Depending on the other surgeries performed in conjunction with the ankle arthroscopy, you may be in a moonboot full time for 2-3 weeks; please treat this like a plaster and do not remove itYou will only be allowed to touch your foot to the ground for balance (you will need to bag the leg for showers)Pain relief: Please take regular paracetamol with meals and before bed; stronger pain killers are often needed, especially before bedPlease take antibiotics, blood thinning medications and vitamin C as prescribed
2-3 weeks	<ul style="list-style-type: none">Post op appointment for a wound reviewDepending on what other procedures are performed, often you need to weight bear in the boot for another 4 weeks
6 weeks	<ul style="list-style-type: none">Rehabilitation depends on other procedures performedSwelling may persist for up to 3-4 months

WHAT CAN GO WRONG?

- Anaesthetic problems
- Wound/scar problems
- Blood clots
- Infection
- Ongoing pain/swelling
- The need for further surgery
- Chronic regional pain syndrome
- Complications associated with other procedures performed (see other relevant surgery information)

CONTACT

If you want more information, or have any questions or problems, please contact Dr Graff on admin@christygraft.com or please call the rooms on **0493 461 133**

WHEN CAN I DRIVE?

- Depends on other procedures performed
- If performed in isolation, driving is allowed at the 2 week mark

WHEN CAN I RETURN TO WORK?

- Depends on other procedures performed
- If performed in isolation:
 - Seated work at 3-4 weeks
 - Prolonged standing 4-6 weeks
 - Heavy labour work 6-8 weeks in supportive lace up boots if swelling allows