

Ankle Arthroscopy

Surgery

- Outpatient surgery
- Surgery takes approximately 30 min-1 hour
- Soft dressing with post-op shoe placed immediately after surgery
- Will be weight bearing in post-op shoe as long as no osteochondral defect(s) (OCD) were repaired.
 - If an OCD was repaired, then will be non-weight bearing (NWB) for 3-4 weeks
- Local Block lasts about 8 hours
- First 2 days expect a lot of pain and swelling

Post-op protocol

- Appointments
 - 7-10 days post-op: remove dressings; examine surgical incisions, if healed sutures are removed
 - If OCD/cartilage damage repaired then will remain NWB for 2 more weeks
 - 3 week post-op: +/- stitches out; start Physical Therapy (PT); if NWB begin weight bearing as tolerated
 - 6-8 weeks post-op: evaluate progress on PT;
 - Continue PT if indicated
 - If doing well, patient is released to activities as tolerated
- Medications
 - Tylenol with Codeine for pain as needed
 - Phenergan for nausea as needed
 - Ibuprofen for inflammation and pain
- Recovery
 - Expect 6-9 months for full recovery and swelling to subside
 - Intermittent pain, swelling for 9-12 months
 - Return to most activities by 4-6 months
 - Return to work light duty after 7-14 days, heavy duty after 3-4 months

Complications

- Pain
- Swelling
- Stiffness

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