

Lateral Ligament Reconstruction

Surgery

- Outpatient surgery
- Surgery takes about 1-1 ½ hours
- Nerve block for immediate postoperative pain
- Splinted (partial cast immediately post-op)
- Will be weight bearing post-op once in cast as long as no cartilage damage repaired

Post-op protocol

- Appointments
 - 7-10 days post-op: remove dressing; x-rays; cast applied (weight bearing)
 - If OCD/cartilage damage repaired then the first cast in non-weight bearing
 - 3 weeks post-op: stitches out; cast changed (weight bearing)
 - 6 weeks post-op: remove cast; lace-up ankle brace; start Physical Therapy (PT)
 - 10 weeks post-op: evaluate progress on PT; continue PT (usually 8 weeks)
 - 14 weeks: full release if doing ok
- Medications
 - Tylenol with codeine for pain as needed
 - Phenergan for nausea as needed
 - Ibuprofen for inflammation and pain
- Recovery
 - Expect 9-12 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
- Stiffness
- Recurrence of instability (usually from new injury)

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