

Procedure: POST ANKLE ARTHROSCOPY

Diet: Resume pre-op diet.

Physical Activity

On the evening after your surgery, you should elevate your operative ankle on pillows. This helps reduce swelling. You should begin working on muscle tightening exercise for your quadriceps muscle. The first several days after surgery, ice should be applied to your ankle for about 30 minutes, 3-4 times a day.

On the morning following surgery, you should begin working on moving your ankle, both flexion (bending) and extension (straightening). You will find that your ankle feels stiff. This is normal. Work on gently bending your ankle while you lie on your back. Also, stand on your other leg and swing your operative leg back and forth, working on ankle motion.

You should work on range of motion three times a day. Applying ice to your ankle before and after these exercises may make you more comfortable.

You may bear weight on your operative leg. Use crutches for assistance. It is better to use crutches and bear partial weight on your operative leg using a normal heel-toe gait pattern than to limp terribly without them. You may discontinue use of the crutches at your discretion.

Medications

When taking pain medications, you may experience dizziness or drowsiness. Take medication only as needed. Do not drink alcohol or drive when you are taking these medications. You may take a non-prescription "headache remedy" type medication that you normally use, preferably one that does not contain aspirin.

At the conclusion of your surgery, a local anesthetic was injected into your ankle. This medication usually works for about 8-12 hours. As this wears off, you will experience some discomfort. You have been given a prescription for pain medication. This should be filled the day of surgery. Follow the directions on the prescription. Contact the office if you have any problems taking the medication.

You may have been given a prescription for an anti-inflammatory medicine. This medication, if prescribed, should be started the day after surgery. It helps to control pain and inflammation.

You may also have been given a prescription for antibiotics. Take these until completed. If you experience a reaction, stop taking the medication. There is no need for a further antibiotic. If you have minor symptoms such as itching, a minor rash that persists, you may take over the counter Benadryl. If you have more severe symptoms contact your family physician or me.

General Instructions

INCISION

Your arthroscopy was performed through several small incisions or portals. Each of these incisions has been closed with a stitch which will be removed in about one week.

DRESSING

A soft compression dressing covers your ankle. When arthroscopy is performed, the ankle is distended with fluid. Some of this fluid invariably remains in the joint following the procedure. Leakage of fluid onto the dressing is common. If you notice bright red bleeding which appears active and excessive, contact me. This is extremely unusual. You may remove your dressing the day following surgery and apply Band-Aids to the portal sites. You may then reapply the Ace wrap.

SHOWERS

You may shower on the second morning after your surgery. Following your shower, pat your portal sites dry, then apply Band-Aids and your Ace wrap. Do not immerse your ankle in water, therefore, do not soak in a bath tub, hot tub, or swim until after your sutures are removed.

Follow Up Care

You are to see Dr. Zingas for your first post-operative visit in 10-14 days. Office phone number: (586) 773-1300. If you have any questions or concerns before your return appointment, please contact your physician.

Call your doctor should the following occur:

- Temperature over 101 degrees F by mouth
- Blood soaked dressing (a small amount of oozing may be normal)
- Pain not relieved by the medication prescribed
- Increased progressive drainage from the surgical area
- Experience any severe swelling, numbness, tingling or color change in your exposed toes

Things to remember

Because your reflexes may be diminished after receiving anesthetic drugs, for the next 24 hours:

- You may not operate a vehicle
- You may not engage in an occupation involving machinery or appliances
- You may not drink any alcoholic beverages
- Avoid making any critical decisions

ORTHOPAEDICS

C. ZINGAS, M.D.