

ANKLE ARTHROSCOPY

Information: There are many causes of ankle pain, but ankle arthroscopy is one option to address pain in your ankle. If you decide to have surgery, ankle arthroscopy may be offered. This is done through two small incisions on your ankle where a camera and other tools are placed into your ankle to address the problem(s). Often, patients have an OLT (osteochondral lesion of the talus), which is a cartilage injury to the ankle. When other procedures are done in conjunction with arthroscopy, they sometimes require traditional open surgery. Risks of surgery include, but are not limited to, infection, wound healing issues, scarring, swelling, stiffness, pain, numbness, injury to vessels, bone healing problems, need for future surgery, a blood clot and/or pulmonary embolism, and/or perhaps a condition you may feel is worse or not much better from your preoperative status. If surgery is performed on your right ankle, most patients cannot drive for 4 – 6 weeks postoperatively. Most patients are out of work at least 2 weeks.

On the Day of Surgery: The scheduling team will call you with your arrival time one day prior to your surgery. Once you arrive at the facility, the staff will direct you where to go. I will meet you in the preoperative holding area where we can discuss any remaining questions that you have and review the surgical plan. You and the anesthesiologist will determine the type of anesthesia that is best for you. Often, a block is provided by the anesthesiologist. This will decrease the amount of pain after surgery. The risks of anesthesia/block will be discussed with the anesthesiologist. You will then be brought to the operating room.

After Surgery: I will discuss the details of the surgery with your guest and review the postoperative plan. You will be taken to the recovery room and sent home when the nurses and anesthesiologist think you are suitable for discharge. You will be placed into a splint. You are not allowed to walk on the operative leg. You will be sent home on pain medicine with the hope that you can discontinue it as quick as possible. You will also be given medication to help prevent a blood clot. You can use crutches, a knee walker, a walker, a wheelchair, etc.

Anticipated Postoperative Course:

Time Postoperatively	Description
0 – 2 Weeks	Elevation above the heart is <i>EXTREMELY</i> important during this period. You will be non-weightbearing in a splint.
10 – 14 Days	Appointment with Dr. Boden. Anticipate splint and suture/staple removal. X-rays may be taken at this time. Depending on your surgery, you may be able to walk in a tall CAM boot. However, some patients will need to remain non-weightbearing for another 3 – 4 weeks. Please ask the office if you have any questions prior to surgery. Physical therapy may begin and last 6 – 12 weeks.

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.

2 – 6 Weeks	Physical therapy may begin. Specific instructions will depend on your weightbearing status. In most cases, you will begin gentle ankle range of motion exercises as well as strengthening. Maintain your CAM boot for ambulation.
6 Weeks	Follow-up appointment with Dr. Boden to monitor progress. X-rays may be taken at this time. You may be able to transition out of the CAM boot and into an ankle brace.
6 – 12 Weeks	Gradually advance your activities in the ankle brace. No high impact activities such as running, basketball, or tennis are allowed. However, you may swim or cycle.
3 Months	Follow-up appointment with Dr. Boden to monitor progress. X-rays may be taken.
12 – 16 Weeks	Begin high impact activities. Gradually increase your activity. Start with straight line activities and then increase to cutting activities in the ankle brace.
4 – 5 Months	You will begin to feel that this is “behind you,” and although you are not fully normal/healed, you should be doing quite well. This surgery is a full year recovery. Swelling is the last issue to resolve and can be 6 – 12 months for any ankle surgery.
6 Months	If there are no issues, this is your final follow-up appointment with Dr. Boden. X-rays may be taken at this time. I’m happy to see you at any time postoperatively if there are any issues or you have any concerns. <i>Thank you for the opportunity to take care of you!</i>

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