

## TOTAL ANKLE REPLACEMENT

**Information:** Ankle arthritis can be treated without surgery. If you decide to have surgery, a total ankle replacement is one option that can be performed. A total ankle replacement is where the ankle joint is removed by cutting the bones that comprise the ankle joint – the tibia and talus. An artificial joint made of metal and plastic is then implanted. Patients may have other deformities and/or painful conditions that may be fixed at the same time. Risks of surgery include, but are not limited to, infection, wound healing issues, scar, swelling, stiffness, pain, numbness, injury to vessels, bone healing problems, implant problems/need for implant removal, recurrence, other deformity, need for future surgery, failure of the replacement, conversion of the replacement to a fusion or revision, a blood clot and/or pulmonary embolism, or perhaps a condition you may feel is worse or not much better from your preoperative status. If it is your right ankle, most patients cannot drive for 8 to 12 weeks after surgery. Many patients are out of work at least 1 month depending on your job.

**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. Some patients stay in the hospital overnight. 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.
10 – 14 Days	Appointment with Dr. Boden. Anticipate splint and suture/staple removal. Placement of a tall CAM boot. Maintain non-weightbearing for a total of 4 weeks. Begin gentle ankle range of motion.
4 Weeks	Begin touchdown weightbearing (25% of your body weight) with crutches with progression to full weightbearing over the next 3-4 weeks. Physical therapy will begin and lasts 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.

<b>6 Weeks</b>	Follow-up appointment with Dr. Boden to monitor progress. At this point, you should be 50% weightbearing in the CAM boot. Continue the CAM boot for another 2 weeks. X-rays will be taken at this visit.
<b>6 – 10 Weeks</b>	Continue wearing the CAM boot for ambulation for another 4 weeks. You will be weightbearing as tolerated in the CAM boot.
<b>10 – 12 Weeks</b>	Slowly wean from CAM boot into comfortable shoe. You may use a lace-up ankle brace for activities for 2 – 4 weeks after removing CAM boot.
<b>3 Months</b>	Follow-up appointment with Dr. Boden to monitor progress. You should be out of the CAM boot at this time. X-rays will be taken at this visit.
<b>12 – 16 Weeks</b>	Slowly advance your activities. Continue physical therapy for another 6 weeks.
<b>4 – 6 Months</b>	You will begin to feel that this is “behind you” and although you are not fully normal/healed, you should be doing quite well. Swelling is the last issue to resolve and can be 6 – 12 months for any ankle surgery. In general, patients make improvements up to 12 months after surgery.
<b>6 Months</b>	Follow-up appointment with Dr. Boden to monitor progress. You should be in a regular shoe at this postoperative visit. X-rays will be taken at this visit.
<b>6 Months and Beyond</b>	Gradual return to activities. Moving forward, avoid high impact activities such as running and singles tennis.
<b>12 Months</b>	Follow-up appointment with Dr. Boden to continue to monitor progress. X-rays will be taken at this visit.
<b>Annual Follow-Up</b>	For patients with a total ankle replacement, we recommend annual follow-up to monitor the status of the implant and your symptoms. 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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