

## DR. WOODSON POST-OPERATIVE INSTRUCTIONS: ANKLE ARTHROSCOPY

### WOUND CARE, DRESSINGS AND SHOWERING

On post-operative day 3 you may remove the dressings. Once you remove the dressings, you will visualize band-aids over your ankle incisions, which were closed with absorbable sutures and waterproof skin glue. Use the compression stocking for 2 weeks.

You may shower on post-operative day 1, however, you must keep your dressings clean and dry (i.e. plastic saran wrap). After removing your bulky dressings on post-operative day 3, leave the band-aids on while showering. Rinse with soap and water but no soaking or scrubbing of the incision. When drying off, remove the wet band-aids and pat dry incision before applying new band-aids. Repeat daily.

Until cleared by the surgeon:

- Do not use a hot tub, Jacuzzi, swimming pool, bath or submerge yourself in any other body of water.
- Do not apply any creams, lotions or ointments over the incisions.

### BRACING, WEIGHTBEARING AND ACTIVITY

**Ankle Arthroscopy with and without Microfracture:** You will be **NON-WEIGHTBEARING** on our operative ankle for 4 weeks. In addition, you will be placed in a CAM BOOT and should always be worn when mobilizing or transporting. After 24 hours, you may come out of the boot when you are stationary to work on motion of your ankle. A great ankle motion exercises is spelling the alphabet from A through Z with your foot a few times a day.

### PAIN MANAGEMENT, ICING AND SWELLING

A pain medication prescription will be given following surgery. Pain medication may alter your ability to drive, and it is illegal to do so while on the medication. Also, do not make major life decisions while taking the pain medication as you may be impaired.

Icing the ankle is a great way to reduce pain and inflammation while also reducing the need of pain medication and speeding up the recovery process. You are encouraged to ice the ankle multiple times a day. Never apply ice directly over the skin, wrap the ice around a small towel and apply it to the ankle for 20 minutes at a time. Alternatively, you may utilize a continuous flow ice machine. Always ice after physical therapy and exercise for weeks following surgery.

Elevation of your leg will also help with reduction of pain and swelling. When elevating your leg, place cushions or pillows under your heel and calf so that your knee is at least 12 inches above the level of your heart.

### PHYSICAL THERAPY

Call the physical therapist recommended by your surgeon. Physical therapy typically begin after your first post-op visit unless otherwise instructed.

### POST-OPERATIVE VISIT

You will have your first post-op visit within 2 weeks following your surgery. If you have any questions or concerns before then, call the office to speak to our on-call provider who can assist you. Signs and symptoms to look out for include fever over 102°, difficulties breathing, increased pain and swelling to the calves.