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ANKLE ARTHROSCOPY

INTRODUCTION

Arthroscopy (or key hole surgery) is a procedure to view the inside of a joint. Arthroscopy is a very useful way to treat cartilage damage, scar tissue, spurs and impingement of the ankle.

THE SURGERY

There are a number of steps involved in ankle arthroscopic surgery. These include:

- i. general anaesthetic, antibiotics
- ii. two small incisions (each 1 cm long) over the front of the ankle.
- iii. insertion of arthroscope
- iv. insertion of arthroscopic equipment including scissors, scrapers, shaver and burr
- v. infiltration with local anaesthetic
- vi. wound closure with stitches/sutures

THE RISKS OF SURGERY

All surgical procedures carry some risk. The risk of complications with ankle arthroscopic surgery is low. Some of the risks of surgery include:

- Infection
- Nerve injury – this may result in numbness, tingling and/or pins and needles on the top of the foot
- Deep venous thrombosis/pulmonary embolism. (The risk of DVT increases with smoking, the oral contraceptive pill and hormone replacement therapy, immobility and obesity).
- Anaesthetic complications
- Drug allergy
- Post operative synovitis (inflammation of the lining of the joint), this usually settles with anti-inflammatory medications
- Ongoing pain

GUIDELINES FOR EXPECTED POST OPERATIVE RECOVERY

Keep foot elevated as much as possible, especially for initial 72 hours. Keep dressings dry and intact until post operative appointment.

Removal of stitches/sutures: 10-14 days.

Antibiotics for up to 2 weeks.

You may weight bear as comfortable, crutches may be required.

Return to non-weight bearing activities e.g. swimming: 2 weeks

Commence physiotherapy: 2 weeks

Return to light jogging: 6-9 weeks.

Return to most activities: 6-12 weeks. Full recovery: Up to 3 months.

Every patient's recovery is individual and depends on the severity of the injury and the complexity of the surgery.

ANY PROBLEMS

During office hours contact Dr Wines' office on (02) 9409 0500.

After hours please contact the hospital where your surgery was performed.