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**Adult and Paediatric Orthopaedic Surgeon**  
**Foot, Ankle and Trauma Surgery**

**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 stiches/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 results 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 stiches/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.