

DR ANDREW WINES MBBS FRACS (Orth)
Adult and Paediatric Orthopaedic Surgeon
Foot, Ankle and Trauma Surger

Ankle Posterior Clearance

INTRODUCTION

Posterior ankle impingement is pain at the back of the ankle generally caused by a prominent piece of bone.

THE SURGERY

Posterior clearance surgery involves:

- i. general anaesthetic, intravenous antibiotics
- ii. incision at the back of the ankle
- iii. dissection down to the os trigonum
- iv. removal of the bone and tissue causing impingement
- v. wound closure with stiches/sutures
- vi. infiltration of local anaesthetic

THE RISKS OF SURGERY

All surgical procedures carry some risk. Some of the risks of posterior clearance surgery include:

- Infection
- Problems with wound healing
- Nerve injury causing numbness, tingling and/or pins and needles
- Ankle stiffness
- Deep venous thrombosis/pulmonary embolism. (The risk of DVT increase with smoking, the oral contraceptive pill and hormone replacement therapy, immobility and obesity).
- Anaesthetic complications
- Drug allergy
- Ongoing pain

GUIDELINES FOR EXPECTED POST OPERATIVE RECOVERY

Commence gentle range of motion exercises on the day of surgery

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

Removal of stitches/sutures at the first post operative appointment, 10 -14 days after surgery.

Pain killers may be required for up to 2 weeks.

Antibiotics for up to 2 weeks.

You may weight bear as tolerated following the surgery. For the first 2 weeks this may be in a post operative shoe to accommodate your bandage. Initially crutches may be required.

Return to most activities: 6 weeks. Full recovery: Within 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 the surgery was performed