

# **DR ANDREW WINES** MBBS FRACS (Orth) FAOrthA

## **Adult and Paediatric Orthopaedic Surgeon**

### **Foot, Ankle and Trauma Surgery**

#### **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. The risk of complications with ankle posterior clearance surgery is low (in the vicinity of 20%). Some of the risks of surgery include:

- Infection
- Problems with wound healing that may require antibiotic treatment, readmission to hospital, further surgery including plastic surgery and/or other treatments
- Nerve injury causing pain, numbness tingling and/or pins and needles
- Ongoing pain
- Complex regional pain syndrome
- Scarring/stiffness
- Deep venous thrombosis/pulmonary embolism. (The risk of DVT increases with smoking, the oral contraceptive pill and hormone replacement therapy, immobility and obesity).
- Insufficient blood flow resulting in loss of toes, foot or limb
- Drug allergy / anaphylaxis
- Further surgery
- Anaesthetic complications including heart attack, stroke and death

##### **GUIDELINES FOR EXPECTED POST OPERATIVE RECOVERY**

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

Removal of stiches/sutures: 10-14 days at first post operative appointment.

Pain killers may be required for up to 6 weeks.

Commence gentle range of motion exercises on the day of surgery

Return to most activities: 12 weeks post-surgery

Full recovery: Within 3-6 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 0563. After hours, please contact the hospital where the surgery was performed