

**ANKLE ARTHROSCOPY DISCHARGE
INSTRUCTIONS
GARRETT KERNS, DO**

Dressings: After ankle arthroscopy, the ankle will be wrapped with a large bulky dressing which helps keep the swelling and pain to a minimum. A posterior molded splint which immobilizes the ankle and prevents motion will be applied. The splint is to remain on until the first postoperative visit, which is approximately 7 to 10 days later. At that time the Dressings will be removed and the surgical site will be examined.

2. **Bathing:** Until the patient's first postoperative visit, a shower is prohibited to prevent getting the wounds wet. A bathtub can be used for bathing, as long as the operated ankle is kept elevated, out of the water, and absolutely dry.

3. **Swelling:** It is important that the leg is kept elevated. This will reduce the swelling and also minimize the pain.

4. **Pain Relief:** A prescription for pain medication will be given. The medication should not be taken on an empty stomach. After the first week, gradually reduce the intake of pain medication.

DO NOT drive or drink alcohol during the time that the pain medication is being taken. If refills are needed, please call the office in the morning hours so that the prescription can be refilled by the afternoon.

5. **Diet:** After surgery, drink lots of fluids and eat soft, nutritious food for the first 24 hours. Progress into your usual diet.

6. **Nausea and Vomiting:** Although unusual, both can be experienced after anesthesia and surgery. If you have a tendency for this, please discuss it with the anesthesiologist. Otherwise it is usually alleviated with a clear liquid diet.

7. **Drowsiness:** After anesthesia, drowsiness may persist for quite a while, but it should cause no special concern. One should not drive until this resolves.

8. **Driving:** Driving is generally not recommended for the first week after surgery and then only if: (1) the surgery was performed on the left ankle and the car has an automatic shift; (2) you are not taking narcotic pain medication.

9. **Activities:** For the first 10 to 14 days after surgery, we recommend that you keep the ankle elevated above the level of your heart as much as possible. You may use crutches as needed and weight-bearing instructions will be given to you prior to your discharge from the hospital or surgery center.

10. **Postoperative Office Visit:** Please call for an appointment 7 to 10 days after your surgery

11. **D.V.T. Prophylaxis:** Blood clots after ankle arthroscopy are uncommon. TED stocking has been placed on the non-operative leg and should remain for 10 days. Please take one (enteric coated aspirin) ECASA (325 mg) daily for 10 days post-surgery. If you experience any signs or symptoms of D.V.T. such as leg swelling/pain, please notify us immediately. Any chest pain or shortness of breath is an emergency and please call 911.