



The Leg Bones Clinic

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Post-Operative Management after Arthroscopic (Key-hole) Ankle Surgery

Bandages & Dressings

- Keep them clean & dry for 4 days, then remove the bandages.
- Leave the dressings intact until your review appointment in 2 weeks.
- Minor bleeding is sometimes possible in the first 24-48 hours. If this persists, or if there is redness, temperatures or offensive discharge, please contact me urgently.

Pain & Swelling Management

- Make sure to elevate and ice your ankle as much as possible for the first 3 days.
- Ice for 20 minutes at a time.
- When lying down, elevate the ankle to the heart level with pillows.
- When seated, rest the leg on a chair or foot rest.
- Take simple analgesics such as paracetamol regularly to reduce the discomfort.
- Sometimes the ankle can remain slightly swollen for up to 3 months.

Mobilising & Exercises

- You can put full weight on the ankle unless otherwise instructed.
- Occasionally a pair of crutches is needed for short term support
- Most people do not need physiotherapy after arthroscopy

Deep Vein Thrombosis Prevention

- Please take ½ aspirin tablet daily for 2 weeks unless you are allergic, have stomach ulcers, or if you are already taking anti-coagulants (blood thinning medications)

Emergencies & Concerns

- I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.
- if you have any concerns, please contact me at The Leg Bones Clinic, on 1300 65 64 88. Alternatively, you can also call John Flynn Hospital switchboard on 07 55989000
- You can also email me on my website www.legbones.com.au, under “Contact Us”. Please note this method is not suitable for emergencies.
- In the unlikely event that you cannot contact me regarding a problem, please present to your closest hospital or GP clinic for assessment and ask your treating doctor to call me.

Follow Up

- Please phone The Leg Bones Clinic to make a follow-up appointment 2 weeks after your operation unless this was already organised for you.