

# ANKLE ARTHROSCOPY

## *A patient's guide*



**Driving** – *Manual cars* can be driven usually 7 days following arthroscopy if the ankle feels comfortable. *Automatic cars* may be driven sooner in those who have surgery on the left ankle only. It is important to be able to perform an emergency stop. *Do notify your insurance company of the procedure that has been undertaken to ensure that cover is valid.*

**Sport** – gentle activity may be resumed at approximately 6 weeks. Competitive sport such as football, rugby or squash may take longer but also depends on the type of surgery carried out. *Ask for advice* from doctor/nurse.

### RISKS OF SURGERY

**Infection** – there is a small risk (1 in 600). This is increased in patients who are diabetic, suffer from rheumatoid disease and those who smoke. *The surgeon may decline to perform surgery unless you refrain from smoking.*

**Scarring** – any type of surgery will leave a scar, occasionally this may be painful and inflamed.

**Numbness or tingling** – this can occur on top of the foot as a result of minor damage to small nerves. Often it is temporary; however, numbness or sensitised area can be permanent.

### BENEFITS OF SURGERY

Reduce pain/discomfort and improve function (walking, sports etc).

**REPORT SEVERE PAIN, MASSIVE SWELLING, EXCESSIVE REDNESS OR WOUND DISCHARGE TO US OR TO YOUR GENERAL PRACTITIONER**

### EXERCISES

1. Sit with operated leg straight out in front, put belt round foot.

Gently pull belt until stretch is felt in calf. Hold for seconds and then relax.

**Repeat 4 times 3 times a day**

2. Place rubber exercise band around foot. Push foot away using band as resistance, slowly return to starting position.

**Repeat 4 times 3 times a day**

3. Place rubber exercise band around foot. Pull foot up towards body using band as resistance then gently return to starting position.

**Repeat 4 times 3 times a day**

4. Place your heel on the ground and turn foot inwards (as if to look at the sole of the foot).

**Repeat 4 times 3 times a day**

5. Place your heel on the ground and turn foot outwards (as if to look at the sole of foot).

**Repeat 4 times 3 times a day**