



## Recovery

**Most patients leave on the same day as surgery**

Generally, you will leave hospital walking using crutches with a bulky dressing, which is reduced at 48-72 hours. Your surgeon may ask you not to put weight on the operated ankle for 5 days and to use crutches throughout this time. You may then walk around as much as you feel able.

Your GP practice can remove the stitches at 10-14 days and you should start physiotherapy at this stage.

You will be reviewed in the outpatient clinic at 6-8 weeks.



## Cornwall Foot and Ankle

If you do have any further concerns about your surgery please do get in touch with us either by ringing our secretary or by writing to request a further appointment to discuss your treatment options with us.



**Mr Butler and Mr Parson's NHS Secretary**

**01872 253432**

**Mr Butler's Private Secretary**

**01872 272864**

**Mr Parsons' Private Secretary**

**01872 864478**



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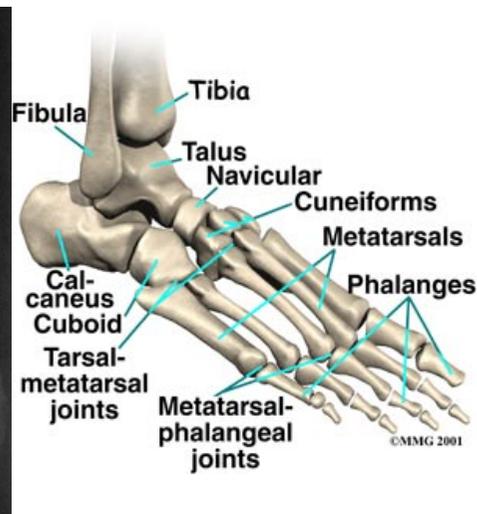
## Ankle Arthroscopy



## Patient Advice



 **CORNWALL**  
Foot & Ankle



## Risks and Complications

Ankle Arthroscopy is a relatively low risk surgical procedure generally done as a day case.

There is a low risk of infection, which affects approximately 1 in 400 patients.

Surgery means that you will have 2 scars at the front of your ankle and sometimes on the side. If you have scarred poorly before then you must let your surgeon know. Some patients may be left with areas of numbness or altered sensation around their scars.

The chance of damage to major nerves or vessels is very low.

The day after surgery, your ankle will be sore but with some regular painkillers, this will tend to resolve very quickly.

# Ankle Arthroscopy Advice

## What is Arthroscopy?

Arthroscopic Surgery or Keyhole surgery allows the direct visualization of the ankle joint by using a small telescope operated by your surgeon and connected to a monitor.

## What can be done?

An arthroscope can be used to look inside the ankle joint to see what pathology is causing your symptoms. (Diagnosis). It can also allow treatment of a number of pathologies ranging from sports injuries and minor cartilage damage through to major procedures such as ankle fusion. It may be used in conjunction with other surgery to stabilise the ankle joint.

## How long do I stay in hospital?

This depends on the extent of surgery performed but most people have this surgery as a day case but on occasion one or two days are required in hospital. You will only leave once all of the team is happy that you are safe to go home.

## How long do I need to be off work for?

Most people can return to office work after 10-14 days. It may well take longer to go back to a more physical job. It normally takes 1-2 weeks or so to go back to driving short journeys.