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Mammoth Orthopedic Institute ▪ 85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.924.4084**POST-OPERATIVE INSTRUCTIONS:  
ANKLE ARTHROSCOPY****ACTIVITY**

- **You may put as much weight as comfortable on your operative leg.** If need be, you may use crutches to assist with walking, but they are not mandatory.
- Do not engage in prolonged periods of standing or walking over the first 7-10 days following surgery.
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks.

**DRESSINGS & INCISIONS**

- The first two days after surgery you can expect a small amount of red-tinged drainage on your dressings. This is normal.
- If the dressing is too tight, you may remove the ace wrap, but the white cotton dressing must be left on until postoperative day #4.
- Please keep the dressing clean and dry; if you are going to shower/bathe, you must protect the dressing.
  - You may remove the dressing on postoperative day #4 (white cotton wrap, white gauze pads, yellow gauze tape).
  - You may apply Band Aids® over the incisions.
  - Please do not use Bacitracin® or other ointments on the incisions.

**PAIN & INFLAMMATION**

- **Ice** - Apply ice bags wrapped in a dry towel several times per day for 20 minutes for the first week and then as needed for pain relief and inflammation.
- **Compression** - Use an ace wrap or the white stocking to decrease swelling. The white stocking should be worn for 5-7 days to prevent blood clots and decrease swelling in your ankle.
- **Elevation** - Keep your foot **elevated above your heart** as much as possible for the first 3 to 4 days. Keep your leg elevated with a pillow under your calf or foot, **NOT under the knee**.
- **Pain Medication**- You have been given a prescription for pain control; please take as directed.
  - If you think you will require a refill on your medication, you **MUST** do so during our regular **weekday** office hours.
  - If you need additional pain medication you may take Tylenol 500-650mg every 4-6 hours. Do not take more than 3grams or 3000mg in a 24 hour period!
  - Common side effects of the pain medication are:
    - **NAUSEA:** To decrease nausea, take these medications with food.
    - **DROWSINESS:** Do not drive a car or operate machinery.
    - **ITCHING:** You may take Benadryl to alleviate any itching.
    - **CONSTIPATION:** To decrease constipation, use the stool softener provided (Docusate 250mg) or over-the-counter remedies (Mineral Oil, Milk of Magnesia, etc). Also avoid bananas, rice, apples, toast, or yogurt...as these foods can make you constipated. Getting up and moving around also helps with constipation and "waking up" your intestinal tract.
- Anti-inflammatory medications (Aleve, Ibuprofen, Naproxen, etc.) should **not** be taken for 2 weeks after surgery

**EMERGENCIES**

- Please have someone stay with you for the first 24 hours after surgery
- Please call the clinic or the orthopaedist on-call if:
  - Drainage soaks the dressings, expands, is foul-smelling, or your incisions are red, warm, and extremely painful
  - You develop a fever (>101.5°) or chills
  - You experience leg or calf pain, leg swelling, or difficulty breathing

**FOLLOW-UP CARE**

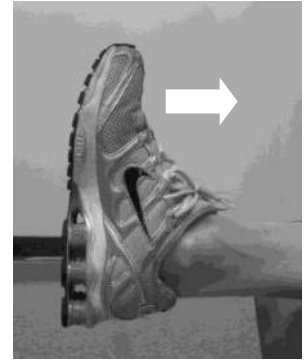
- Please **schedule a follow-up visit** for suture removal, x-rays, and to review your surgery 7-10 days postoperatively.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO CALL THE OFFICE (760)924-4084.**

**EXERCISES** – When you are comfortable and ready you may perform each exercise 2-3 times a day; it may help to take pain medication 20-30 minutes prior to the exercises and to apply ice after the exercises

•**Ankle Pumps:**

1. Point toes downward and hold for 5 seconds
2. Point toes upward and hold for 5 seconds
3. Perform 2-3 sets of 10



•**Ankle Circles:**

1. Roll ankle clockwise 8-10 times
2. Roll ankle counterclockwise 8-10 times
3. Perform 2-3 sets of 10

•**Ankle Alphabet:**

1. Trace the lower case alphabet in the air with your foot
2. Race the upper case alphabet in the air with your foot
3. Perform each alphabet once