



Mammoth Orthopedic  
Institute

Mammoth Orthopedic Institute • 85 Sierra Park Road • Mammoth Lakes, CA 93546 • 760.924.4084

[www.mammothortho.com](http://www.mammothortho.com)

## **ANKLE ARTHROSCOPY with Peroneal Tendon repair**

### **ACTIVITY**

- Crutches may help you balance for the first few days; however, you should be non-weight bearing until allowed to do so by orthopedics. Approximately 2 weeks
- You may bend and straighten your knee as much as you like.
- Do not engage in prolonged periods of standing or walking over the first 7-10 days following surgery. Keep the ankle elevated above heart level as much as you are able
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks.
- You should take your foot out of the boot at least 3x daily for active ankle "pumps" pointing the ankle and toes then flexing toes toward the knee.

### **DRESSINGS & INCISIONS**

- You will be in a boot, keep this on as placed until your first post operative visit when up and moving. Off when doing exercises.
- Please keep the dressing clean and dry; if you are going to shower/bathe, you must protect the dressing with a cast cover. You may not soak in a pool, lake, hot tub, or the ocean until at least 1 week after the sutures have been removed if cleared to do so

### **PAIN & INFLAMMATION**

- **Ice** - Apply an ice bag 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.
- **Elevation** - Keep your foot **elevated above your heart** as much as possible for the first 3 to 4 days.
- **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 (Milk of Magnesia, Miralax, 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 by "waking up" your intestinal tract.

### **EMERGENCIES**

- Please have someone stay with you for the first 24 hours after surgery
- Please call the clinic or the orthopedist on-call if:
  - Drainage soaks the dressings, expands, is foul-smelling, or your incisions are red, warm, and extremely painful
  - You develop a fever ( $>101.5^{\circ}$ ) 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, and to review your surgery 10-14 days postoperatively.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL**  
**Mammoth 760-924-4084**  
**Bishop 760-872-7766**

**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

**Flexion:**

Sit in a chair

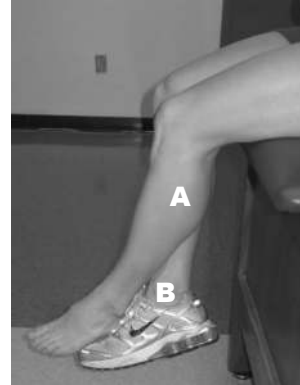
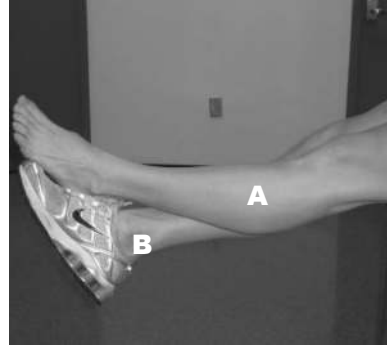
Place your unoperated leg (B) under the foot of your operated leg (A)

Gently allow the knee to bend with support from your unoperated leg (B)

When you reach your maximum bend, hold for 5 seconds

Perform 10-20 times in a row

**Goal = 90° of flexion** (bending) by 2 weeks after surgery



**Quadriceps Contractions:**

Sit or lie on the floor with your operated leg straight

Place a towel roll under the knee

Tighten your thigh and hamstring muscles, causing you to press your knee downward into the towel roll

Hold this position for 10 seconds

Relax your thigh and hamstring muscles

Perform 2-3 sets of 10

**Straight Leg Raises:**

Lie on the floor

Perform a quadriceps contraction (as stated in the above exercise)

Raise your foot about 6-12" off the floor

Slowly lower your leg back to the floor

Relax your thigh muscle

Perform 2-3 sets of 10



**Ankle exercises:**

Ankle pumps. Dorsiflexion and plantar flexion of the ankle 2-3 sets of 15 3x daily. Do not use resistance until told to do so. Move your toes regularly.