

ANKLE ARTHROSCOPY POST-OP INSTRUCTIONS

DAY 1

- " Elevate leg on 2-3 pillows for 2 to 3 hours
- " Use crutches when walking to the bathroom. DO NOT put foot on the floor
- " Apply ice three times daily
- " Take pain prescription every 4-6 hours as needed
- " Some bleeding through the dressing may occur. This is normal
- " Numbness is normal in the operated limb for up to 24-36 hours.
- " Post-operative pyrexia or elevation in body temperature is normal for the first 48 hours.

DAY 2

- " Ambulation
 - Touch-down-weight-bearing only
 - Crutches
 - High elevation when not walking
 - Ice 3 times a day

DAYS 3-10

- " Follow-up visit Wednesday following surgery
- " Ambulation
 - Increase weight-bearing gradually by 10% of your body weight
- " Each day
 - Range of motion exercises for ankle joint
 - Ice twice a day

DAY 10-14

- " Return visit to Dr. Keyø's office for removal of sutures
- " Begin Physical Therapy
 - Minimum of two weeks, twice a week