

## Ankle Arthroscopy

Ankle arthroscopy is keyhole surgery used to treat a variety of ankle problems.

It is commonly used to treat and assess problems such as:

- Ankle bony 'spurs' (osteophytes)
- Loose bodies (chips of bone or cartilage)
- Arthritis
- Cartilage or bone damage (osteochondral lesions)
- Scarring / ligament damage
- 'Impingement' (anterior –front, or posterior –back of ankle)
- Small fractures
- Used in combination with ligament repair/reconstruction surgery.

The procedure is performed as day-case surgery. A general anaesthetic will usually be given. Local anaesthetic is put into the ankle to numb some of the pain following surgery. Two or three 'keyholes' are made for small telescopes and instruments to see into the joint and 'clean up' or treat lesions. The surgery usually takes between 45 minutes to one hour.

After surgery you will go home a few hours later once you have recovered. You will need someone else to pick you up from hospital.

### Post-Operative Recovery

Crutches are required for the first few days until it is comfortable to walk on your foot unaided. Generally, you will be allowed to bear weight as comfort allows after surgery. Occasionally you may be instructed by your surgeon to be 'non-weight bearing' and this is sometimes required following a 'microfracture' procedure to the joint cartilage.

Please REST and ELEVATE your foot strictly for the first 48 hours and then keep it mostly rested and elevated for the first week. Icing for 20 minutes 2-3 times a day for the first 3-5 days can help with post-operative swelling and pain.

The outer soft bandage can be removed 48 hours after surgery. Simple, adhesive stick-on dressings can then be applied at home. A small amount of bleeding on the dressings is normal. The foot and ankle should be moved up and down and in circles to prevent stiffening and blood clots.

Physiotherapy may be started after 10 days if required. Stationary bike exercise can start 5-7 days after surgery.

No driving is permitted with the right foot for 1 week or until walking comfortably with no crutches (or as per surgeon's instructions).

### Risks & Complications

No surgery is completely risk free. The risks and complications will be assessed and discussed with you. There is always a small risk of infection, blood clots, nerve injury and anaesthetic problems and measures are taken to reduce these. In general, ankle arthroscopy is a very safe procedure.

### Time Off Work

Desk work / sitting	4-7 days
Light duties	1-2 weeks
Standing / heavy work	3-5 weeks
Sports	6-12 weeks
Full recovery	3-4 months

*This brochure is a brief overview of the surgical procedure of ankle arthroscopy and not designed to be all-inclusive. If you have any further questions, please do not hesitate to contact your surgeon.*

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