

Post Operative Patient Information

Ankle Arthroscopy and Additional Minor Surgery

You will be discharged in a walker boot unless otherwise notified. This boot is to be worn for a period of 6 weeks unless otherwise directed.

Analgesia

- It is not uncommon for patients to encounter more pain on the first or second day after surgery. This is when the swelling peaks.
- Using the pain medication regularly and as directed will help with keeping pain under control and enable you to recover quickly
- Taking pain medication before bedtime will assist in sleeping
- Icing the area can also aid in pain relief.
- Ice should be applied for 20 minute periods, 3-4 times per day. Avoid placing the ice directly on the skin. Use a thin cloth or towel on the skin then the ice pack.

Wounds Dressings

- Any bandages in place should be left for 24-48 hours.
- Remove bandages after 1-2 days, depending on swelling.
- **Keep the dressings dry and intact.** Do not remove any dressings that are in place.
- If for any reason the dressings become blood soaked or are starting to lift you may obtain replacement dressings to replace these from your local chemist.
- Ensure that you wash your hands prior to changing these dressings to reduce the risk of infection.
- It is not uncommon for a small amounts of blood to be on the dressings
- If bright red blood persists despite elevation and application of ice, please call our Practice Nurse – Alicia (07)4727 4111 during office hours.
- Elevate the area as much as possible for the first 1-3 days to decrease the swelling.
- You may purchase tubigrip from the pharmacy to wear under the boot and over your wounds. This will be more comfortable than the bandage.

Aspirin

- You may have been given a script for aspirin 100mg. Please take the aspirin for a full **6 weeks** following your surgery. This is to prevent DVT formation. If you cannot take aspirin please contact the rooms for an alternative medication.

You are advised not to drive until you receive clearance from Dr Hazratwala.

The Practice Nurse – Alicia will see you 10-14 days after your surgery. This appointment will be in your discharge information. **Please collect your x-rays on discharge from the hospital.** If unexpected problems, emergencies or other issues occur, please call my practice nurse Alicia on (07) 4727 4111.