

## **Ankle Arthroscopy**

### **Home Care Instructions**

*You may bear as much weight on your leg as you can tolerate. Most patients use the cane/crutches for 2 to 5 days. When seated keep the ankle elevated above your heart as much as possible for the first few days following surgery.*

*-Michael C. Russonella, D.O.*

- Splint** You will go home with a splint/orthotic on your leg and foot. As much as possible, keep your foot elevated higher than your heart and move your toes up and down to control swelling. When walking use crutches. DO NOT place any weight on the operative extremity.
- Activity and Diet** No strenuous activities until surgically cleared. Start out with liquids and progress to your regular diet as tolerated. Drink lots of decaffeinated liquids. DO NOT consume any alcohol or drive if you are using narcotics. tight or too loose.
- Ice** An excellent source of relief of pain, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. You may continue to use ice several weeks following surgery.
- Pain Medication** All medication is sent electronically to your pharmacy an antibiotic (which you are required to take to prevent risk of infection) and a narcotic (if you are not comfortable taking the pain medication you may also take Tylenol 1-2 tablets every 4-6 hours as needed for pain). Please take pain medication with meal. You may come off the prescription pain medication when you feel comfortable. Resume other home medication as per usual regimen.  
**\*\*If your procedure included a PRP Injection: It is critical to avoid anti-inflammatory medications including Advil, Aleve, Aspirin, Celebrex, Ibuprofen, and Motrin.**  
The pain medication may cause constipation; drink plenty of fluids, apple juice and prune juice as needed. You can also use Colace 100mg by mouth twice a day. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold over the counter at any pharmacy.
- Wound Care and Showering** Arthroscopy portal (wounds) are small and are usually closed with steri-strips and a stitch. The portals usually continue to drain or leak after you have returned home. Don't become alarmed unless you consider the volume or color of the drainage to be excessive. Every day you should clean the wounds with soap and water and apply a band aid to each wound. Apply the sticky part of the band aid away from the steri-strip. If you have a larger incision, you will need to keep it away from water until the stitches or staples have been removed. You may use an ACE bandage for support if desired. The 2nd morning following surgery you may shower after removing all the bandages from your surgery site. Do not use a hot tub, bath, or go swimming until the wounds have completely sealed off.
- Return Visit** The office will call you to schedule your post-operative appointments.
- Emergency** Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.

**\*\* If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. \*\***