

**INSTRUCTIONS FOR PATIENTS  
AFTER ROUTINE ANKLE  
ARTHROSCOPY**

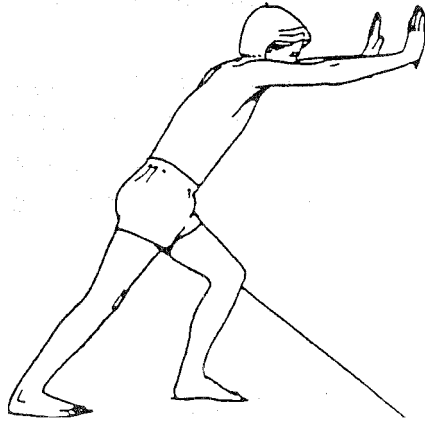
tired! Keep the leg elevated when you are not walking to help reduce the swelling.

- Dressings:
  - Remove the entire dressing between 2 days after surgery. Place regular Band-Aids over the incisions (there will be 2-3 incisions). It is normal to have some blood on the original dressing, so don't be alarmed. There may be spotting from the incisions for a few days, but if there is significant bleeding, call and let us know about it. Replace the ACE bandage and continue to wear this until your first follow-up visit.
  - The incisions will have a little redness around them while they heal. If they get redder each day, or if you notice any drainage from the wounds after the first few days, please call and let us know about it.
- Crutches:
  - Use the crutches to help you walk for the first few days bearing as much weight as is comfortable on the operated ankle. You may discard the crutches when you can walk comfortably without a limp. Take them along if you expect to be out for a while ... you may get
- Showers:
  - After the first dressing change, it is okay to shower. The incisions can get a little wet, but don't submerge the leg in a bathtub or swimming pool. After showering, dry the incisions with a clean towel and replace the Band-Aids.
- Ice:
  - Ice is great for reducing pain and swelling. Start icing the ankle as soon as you get home and continue icmg as long as there is any pain or swelling (usually 7-10 days). Ice 3-4 times a day for 10-15 minutes at a time. Don't ice longer than this or you can get frostbite.
- Pain Medication:
  - You will receive a prescription for pain medicine. As the ankle becomes more comfortable you may substitute acetaminophen (Tylenol, etc.). Avoid aspirin, ibuprofen (Motrin, Advil, etc.) or other anti-inflammatory medication for about a week; these medicines

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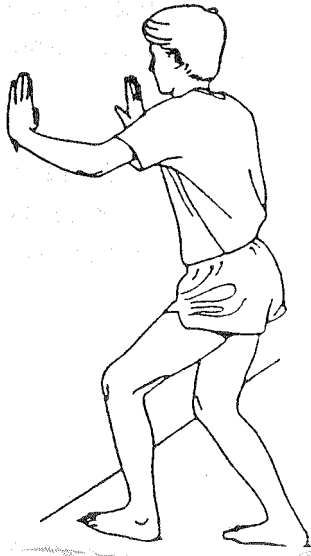
can cause a tendency to bleed after surgery.

- Driving:
  - From a legal standpoint, you may not drive if you have a disability of your leg, or if you are taking prescription pain medications. As a good rule, you may start to drive when you are able to walk without crutches and are not using prescription pain relievers. This will usually be 1-2 weeks after surgery.
- Work:
  - If you have a desk job (no walking, standing or lifting), you can expect to be back at work within a week remembering to keep your leg elevated. If your job involves more physical labor your return to work date will be determined during your follow-up appointments.
- Exercises:
  - Begin range of motion exercises immediately and perform them 10 times per session, 4-5 times a day. Initially, draw the alphabet with your foot. As the pain improves you can stretch the ankle by pulling your foot upwards with a towel. You can also perform an Achilles stretch. (See figure below). Hold each stretch for 5 seconds.
  - You may begin strengthening exercises as soon as you are comfortable. Move the ankle against elastic tubing upwards, downwards, inwards and outwards. (See figures) Perform each exercise 10 times per session, 4-5 times a day.
- Emergencies:
  - If you have any questions or concerns about your progress, please call us at (805) 495-3687. At night or on weekends you may contact our answering service at (805) 495.3687. They will be able to contact our physician on call



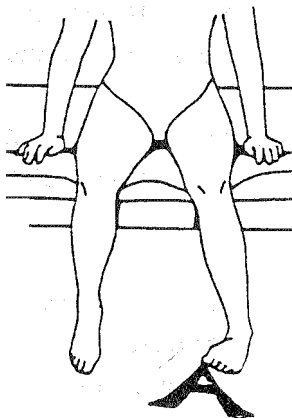
#### Gastrocnemius Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean in until a stretch is felt in calf.



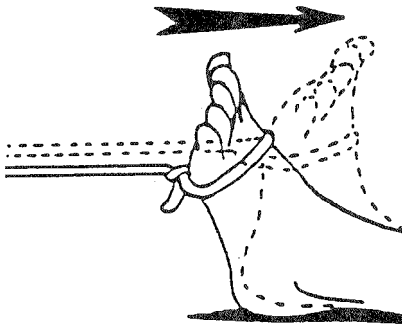
#### Soleus Stretch

Standing with both knees bent and involved foot back, gently lean into wall until stretch is (felt in lower calf)



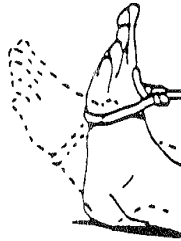
#### Ankle Alphabet

Using your ankle and foot only, trace the letters of the alphabet. Perform A to Z.



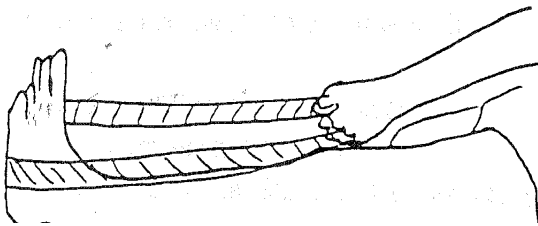
#### Resisted Dorsiflexion

With tubing anchored in doorjamb, pull foot toward face. Return slowly to starting position. Relax.



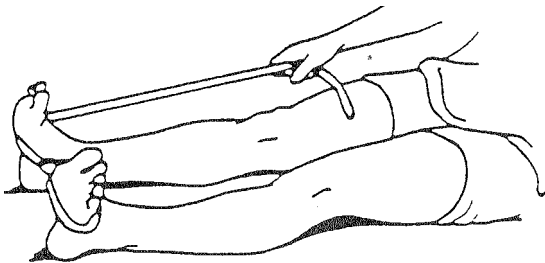
#### Resisted Plantar Flexion

With tubing around foot, press foot down.



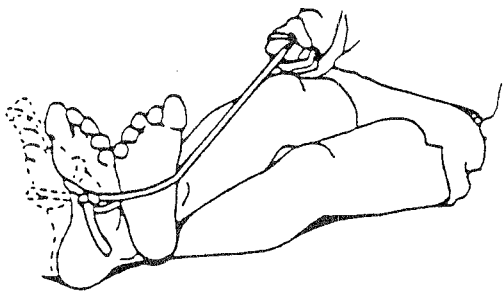
#### Calf Stretching

With towel around ball of foot, grab towel with both hands and pull foot up.



#### Resisted Eversion

With tubing anchored around uninvolved foot, slowly turn involved foot outward



#### Resisted Inversion

Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward