

If anything changes before the operation, or you have any enquiries about appointment dates you should telephone the admissions department on (01202) 704919

If you have any clinical questions please telephone (01202) 303626 and ask for extension 5284.

If you have any problems following discharge then we advise you to telephone the ward which you returned to after your surgery.

Sandbourne Day Cases	01202 726104
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Ward 9	01202 704724
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Ward 12	01202 704770
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Exercise pictures copied from Tools RG PhysioTools

Our Vision

Putting patients first while striving to deliver the best quality healthcare.

JB 71086

The Royal Bournemouth Hospital,
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Putting patients first

The Royal Bournemouth and
Christchurch Hospitals **NHS**
NHS Foundation Trust

Ankle Arthroscopy

**This leaflet from the Orthopaedic Directorate
has been designed to answer any
questions you may have**

Website: www.rbch.nhs.uk ■ **Tel:** 01202 303626

Introduction

This booklet tells you about your ankle arthroscopy surgery at the Royal Bournemouth Hospital. It is for people who have decided to have surgery after discussing the options, benefits and possible risks with their Consultant.

We have developed this guide to help answer any questions that you may have about your operation and recovery afterwards. It will be useful during each of your hospital visits so please bring it with you.

The booklet is a general guide and there may be alterations in your management made by your surgeon, anaesthetist, nurse or therapist. Those instructions should take priority.

All members of the Orthopaedic team are committed to providing you with the highest standards of care and we look forward to helping you with your recovery.

What is this operation for?

This operation may be performed if you have a stiff, painful or unstable ankle. It can be used to diagnose the cause of your ankle problems or to repair any damage inside the joint.

This procedure aims to improve your symptoms and your function so that you can return to normal activities.

What happens during the operation?

Anaesthetic

An ankle arthroscopy is usually performed under a general anaesthetic. This means that you will be asleep throughout the operation. You may also have a local anaesthetic which can make your foot and ankle numb. This may take 24 to 48 hours to wear off after the operation.

situation i.e. perform an emergency stop safely. You should check your insurance policy too as you may need to inform your insurance company of your operation.

Work

Most people are able to return to work within two weeks of surgery. If you have a more manual job which includes standing, lifting, bending, or carrying then you may need some extra time off.

Sports/Hobbies

Most people should be able to return to their sports and hobbies following their arthroscopy. Start exercising when you feel able to and gradually increase the amount that you are doing. Increased pain and swelling are signs that you may be doing too much too soon, so reduce your activity levels and build it up again gradually once the symptoms have settled.

You should slowly return to activities starting with activities such as cycling which put less weight through your ankle. It is also good to get into the swimming pool once the wound is fully healed. You should gradually be able to return to higher impact activities as the pain settles. If you are unsure then wait until your consultant review.

If you suffer from arthritis you may only receive temporary relief from your symptoms, your surgeon will discuss other options with you.

If I have any questions who should I contact?

If you have any questions about returning to activities you can ask your surgeon or physiotherapist on the day of the operation.

the wool and crepe bandage 48 hours after the operation, leaving you with two small adhesive dressings over the wound. It is advisable to keep the wound clean and dry.

The nursing staff will advise you regarding the removal of stitches and having your wound checked. This will normally be 10-14 days following your operation and will be performed by the practice nurse at your GP surgery or by a district nurse.

Outpatient Physiotherapy

Following your ankle arthroscopy you do not normally require outpatient physiotherapy. In some cases the surgeon will request outpatient physiotherapy. This is generally arranged for you at your nearest hospital but we will discuss this with you during your stay.

Clinic review

A follow-up appointment with your consultant's team will be made for you. You will receive details of this appointment in the post following your discharge from hospital. The appointment is generally 6 weeks following your operation.

Return to activities

Only return to your usual activities when you feel ready and comfortable. You may have some discomfort and swelling in the joint and surrounding muscles. This is to be expected. Continue to take your painkillers as advised by the nursing staff. Rest, raising the leg and using ice will help.

Driving

It is important that you do not drive for at least 48 hours following your surgery. After this duration it is then your decision when you feel able to resume driving. You must be comfortable and able to act appropriately in an emergency

Surgical Procedure

An 'Arthroscopy' is another word for 'key hole' surgery where two or three very small incisions are made to access the joint. The surgeon can use these incisions to place a small camera inside the joint as well as the instruments to perform the surgery. Operations can be performed on the soft tissues and the bone, including removal of bone, damaged cartilage and inflamed soft tissue.

Closure and dressing

Once the surgery is finished the small incisions will be closed with steri-strips or stitches and covered with a small dressing. A large wool and crepe bandage will then be wrapped around the ankle.

What happens after the operation? (While I am in hospital)

How long will I stay in hospital for?

You will usually go home on the same day as your procedure, however depending on your recovery or home situation you may be required to stay overnight.

Physiotherapy

It is important to start moving your ankle to avoid stiffness. Following your operation you should begin to do the following exercises as soon as possible. Please complete them three times each day, until your ankle feels strong and is moving easily.

Exercise 1. Ankle pumps

Bend and straighten your ankle as far as possible. Repeat this 10 times (every hour for the first day).



**Exercise 2.****Ankle inversion and eversion**

Gently turn your foot in and out.

Repeat 10 times, 3 times each day.

Exercise 3.**Toe scrunches**

Spread your toes out wide, then grip a towel and pull it toward you.

Repeat 10 times, 3 times each day.

**Walking after your ankle arthroscopy**

It is important that you can walk safely and comfortably following your operation. If you are in pain or feel unsteady then you will be shown how to use elbow crutches. This allows you to put less weight through your joint and assists your balance.

If you have steps or stairs at home we will ensure that you can manage these safely with or without crutches

In some circumstances you may be 'non weight bearing' after your operation. This is because your surgeon wants you to keep weight off your ankle for a short while. You will be informed if this is the case and the physiotherapist can ensure you can move around safely with either elbow crutches or another type of walking aid. You will be given a further booklet if this is the case.

How to go up and down steps or stairs**To go up a step or stairs:**

- Step up with the 'good' leg
- Then bring the operated leg onto the same step
- Lastly bring your crutch(es) onto the same step

To go down a step or stairs

- Put your crutch(es) onto the step below
- Then put your operated leg down onto the same step.
- Lastly bring your 'good' leg onto the same step

What happens when I go home?**Rest**

It is important to establish a balance between the amount that you exercise and the amount that you rest. We advise that you rest the operated leg on a stool or something similar initially. This will help with any discomfort and control swelling.

In addition you may also use an ice pack on your ankle to help with swelling and pain. The ice pack can be applied for 15 minutes every two to three hours. Ensure the ice pack is wrapped in something like a tea towel so that the ice pack is not in direct contact with the skin (a bag of frozen vegetables works well if you do not have an ice pack).

Exercise

It is important to do your exercises regularly to help your ankle to recover. You should complete the exercises at least 3 times each day.

If you have been given crutches then begin to reduce the use once the pain settles and the swelling goes down. If you would like to use one elbow crutch then use it in the opposite side to your operated ankle. Gradually increase the amount of walking you do, try to walk a little further each day.

Dressings

The bandage may become slightly blood stained; this is to be expected and should not be cause for concern. You can remove