



## **ANKLE ARTHROSCOPY WITH or WITHOUT TREATMENT OF OSTEOCHONDRAL LESION**

*This is a typical post-operative course - patients heal at different rates and this protocol is subject to change depending on your progress at the physician's discretion.*

### **Day 1-14**

- Ankle will be in a bandage/splint. DO NOT remove. Expect so bloody drainage.
- Expect the foot/ankle to be numb for 12-72 hours depending on the type of anesthesia
- Elevate the ankle above the level of the heart for 72 hours then as much as possible
- Begin moving if no splint. If in a boot, remove 3-4 times daily and do up down motions of the ankle
- Do not get wounds wet

### **Week 2**

- Splint and dressing removed.
- Sutures removed if doing well
- Xray possibly taken
- Placed into a boot and active motion exercises started
- You may shower if the incision is dry but cannot put any weight on the affected side
- Use crutches or roll-a-bout depending on the surgery performed
- Do physical therapy exercises at home
- You may do upper body work out as long as you do not put weight on your foot/ankle

### **Week 2-6 (The less bone work done the faster to weight bearing)**

- May start putting full weight on ankle in boot
- DO NOT put weight on the affected side without the boot until able to do so pain free
- Start physical therapy

### **Week 6**

- Discontinue boot.
- Use lace up ankle brace for activities
- Begin progression back to jogging/sports activities

### **CALL YOUR DOCTOR IF:**

- You feel calf pain, shortness of breath, nausea or chills.
- You get your bandage wet.
- You have side effects such as a rash.
- You have bluish or cold toes.
- You have a temperature over 100.5 degrees F
- You fall or injure your surgical foot