

Dr Brendan Ricciardo

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Orthopaedic Surgeon

Hip, Knee & Shoulder Surgeon
Sports & Trauma Surgery



Coastal
Orthopaedics

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Claremont Murdoch Esperance

ANKLE ARTHROSCOPY AND STABILISATION

Discharge

You will usually remain in hospital overnight, but it is possible to go home the same day as surgery.

Post-Operative Appointment

Your first post op clinic review is 2 weeks after surgery. If you would like to confirm or change this appointment please contact my PA Tammy on 9230 6333 or tammy@coastalorthopaedics.com.au. If you live in Regional WA then this appointment can sometimes be made with your GP (please discuss this with Brendan).

Pain Relief / Medications

You have been prescribed a range of pain killers by the Anaesthetist. You should take them as prescribed. In general, you should take paracetamol regularly as first line, followed by anti-inflammatories if prescribed or directed and then strong painkillers such as Tramadol, Tapentadol or Oxycodone for top-up pain relief. You can cease them as soon as the pain allows. Check with your nurse prior to discharge if you are unsure. You will likely be prescribed medication for DVT prevention and the exact medication depends on your risk profile. In most cases it will be a daily injection (Clexane) for 2 weeks followed by Aspirin for a further 4 weeks.

Swelling / Icing

Post op swelling of the ankle is expected. It should reduce gradually over a few weeks. Regular icing of your ankle, combined with elevation, is the best way to reduce the swelling. You should continue icing your ankle as long as it remains swollen, which can be several weeks. If the swelling gets worse or if there is redness around the wound or fever, please contact my rooms immediately or attend your local Doctor. After hours you can contact the hospital ward from which you were discharged.

Bandage / Dressings / Sutures

It is typically 2 weeks in a plaster of Paris cast. (Occasionally Brendan will decide on a Camboot immediately from surgery). At your 2 week review, the cast will be removed along with your wound dressings and any sutures in the skin. A tubigrip compression stocking will be applied and a Camboot fitted (if you don't already have one).

Crutches

Crutches are recommended for 2-4 weeks. You can begin partial weight bearing in the Camboot from 2 weeks and progress to full weight bearing as comfort allows. If you have had additional surgery performed in your ankle then Brendan may adjust the recommended weight bearing status and time on crutches.

Physiotherapy

Please refer to the 'Rehab' section of my website www.drbrendanricciardo.com.au for exercises you should perform following surgery and continue after discharge from hospital. You will be reviewed by a physio in hospital the morning following your surgery.

Return to Work / Driving

It is reasonable to target a return to office work at 2-4 weeks. Continued leg elevation in the early stages of return to work is recommended. For physical work the target is 2-3 months. If surgery is on our left ankle and you have an automatic car, then it is possible to return to driving after a few days. For right ankle surgery and all manual cars it is more likely to be 6-8 weeks.



Fellow of the Royal Australasian
College of Surgeons



FAOrthA

FELLOW of the
AUSTRALIAN
ORTHOPAEDIC ASSOCIATION

CLAREMONT

MURDOCH

MANDURAH

ROCKINGHAM

MIDLAND

MT LAWLEY

WHEATBELT

Bethesda Hospital • St John of God • Peel Health Campus • Waikiki Hospital • St John of God • St John of God • Northam Hospital