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## **ANKLE ARTHROSCOPY PATIENT INFORMATION**

### **OPERATIVE FINDINGS & PROCEDURE:**

Synovitis

Meniscoid lesion

Instability

Articular cartilage damage

Arthritis

### **DISCHARGE INSTRUCTIONS**

- Crutches are usually necessary for three days.
- Panadeine Forte may have been supplied - if too strong use standard painkillers such as Panadol or Panadeine.

Do not drive for at least 24 hours and can walk comfortably. Do not operate heavy machinery, engage in sports, heavy work or lifting, conduct responsible business, sign documents or engage in any task that requires a good deal of skill, coordination or judgement for the remainder of the day of the surgery.

- Smoking should be avoided - higher risk of wound infection.
- Remove bandage on day-three.
- The small plastic dressings should stay on for a further week but remove them if they are lifting off.