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## **ANKLE ARTHROSCOPY PATIENT INFORMATION**

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

|             |                            |
|-------------|----------------------------|
| Synovitis   | Meniscoid lesion           |
| Instability | Articular cartilage damage |
| Arthritis   |                            |

### **DISCHARGE INSTRUCTIONS:**

- Use crutches until review appointment.
- Tramadol may have been supplied - if too strong use standard painkillers such as Panadol or Meloxicam.
- 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.
- Leave bandages intact until review appointment.