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Specialising in the Foot and Ankle

Ankle Arthroscopy

INTRODUCTION

Ankle Arthroscopy is a “key hole” or “minimally invasive” procedure using a small camera to view the inside of the ankle joint.

Using arthroscopy in the ankle allows us to look at all internal structures under magnification and with great clarity. It then facilitates treatment for cartilage damage (osteochondral injury), scar tissue, spurs and impingement of the ankle.

THE PROCEDURE

There are a number of steps to this procedure:

1. General Anaesthetic
2. Administration of intravenous antibiotics
3. 2 small 1cm incisions made at front of ankle
- 4 Insertion of camera and arthroscopic tools including shaver, burr, curette, pick
5. Wound Closure with sutures
6. Infiltration with local anaesthetic

RISKS & COMPLICATIONS

Every surgical procedure carries some risk. These risks are largely uncommon and many are rare.

They include:

Anaesthetic complications

Drug reactions

Wound infection

Deep Vein Thrombosis (DVT)/Pulmonary embolism (PE)

Sensory nerve injury resulting in numbness/tingling/pins and needles over top of foot

Ongoing pain

Small artery or tendon injury (both very rare)

POST OPERATIVE PROTOCOL

This is a day surgery procedure

You are generally able to weightbear immediately

however, if your arthroscopy involved treatment for an osteochondral injury, you are typically asked to non-weightbearing for the first two weeks, followed by partial weight-bearing

progressing to full weight-bearing in weeks three and four

Keep foot elevated as much as possible

Range of motion exercises are commenced immediately

Sutures are removed at roughly 14 days

Physiotherapy is commenced after sutures are removed

Swimming is recommenced at four weeks

Low impact exercise commences at 4 to 8 weeks

High impact exercises commence from 8 to 12 weeks

Full recovery up to 3 to 6 months

PROBLEMS AND CONCERNS

If you have any queries or concerns, contact Dr. Ling's rooms on 9650 4782 between business hours. After hours or on weekends, if your matter is urgent, please present to the Emergency Department at Prince of Wales Hospital if you are an adult, or Sydney Children's Hospital if the patient is your child, and you will be seen by the Orthopaedic Registrar on call, who will contact Dr Ling directly