

ANKLE ARTHROSCOPY WITH MICROFRACTURE: 1ST POST-OP

- (1) You may shower tonight, letting soapy water run over your incision(s) and patting them dry with a towel. You should avoid submerging the leg (pool, bath, hot tub, etc.) for at least one week.
- (2) You will begin progressive weightbearing in the boot and continue this until your next follow-up. Please refer to the separate handout.
- (3) Use an ace bandage or a thick sock to prevent the boot from rubbing on the incision(s).
- (4) You will wear the boot at all times (including sleeping), except for the following:
 - Bathing, showering
 - Exercises
 - In a completely controlled environment, for the purpose of icing
- (5) You will start doing exercises for the ankle to maximize your post-op flexibility. You will do these twice daily, once in the morning and once in the evening:
 - You will write the alphabet with your foot. Do two repetitions.
 - Stretch the Achilles by placing a towel across the ball of your foot and pulling up. Hold each stretch for a five-count and do five repetitions.
- (6) You will continue to ice and elevate the leg as much as possible. Elevating the leg above the level of the heart will reduce the amount of time required to bring down the swelling.
- (7) If there is appropriate healing, you will begin transitioning out of the boot at 6 weeks post-op.
- (8) I would like to see you back in **4 weeks** for your next follow-up appointment.