

After Ankle Arthroscopy



After surgery, your joint may be swollen, painful, and stiff. Recovery times can vary. Your surgeon will tell you when to resume activity. If you had a loose body or bone spur removed, you may be able to bear weight when the pain is gone. You may need to wear a surgical boot or cast, limit weight-bearing, and use crutches for some time.



At home

Follow your surgeon's guidelines for healing:

- Elevate and ice your ankle.
- Limit weight-bearing as directed.
- Use a bandage to compress your ankle.
- Take pain medicine as directed.
- Don't drive until your surgeon tells you it's OK to do so.

The checklist below helps remind you what to do after arthroscopy:

- ☐ Schedule your first follow-up visit after surgery as directed.
- ☐ Take care of your incision (cut) and bathe as directed.
- ☐ Complete your physical therapy program.
- ☐ You can do these activities right away:

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