



ANKLE ARTHROSCOPY

DAY 1

- Elevate foot on 2-3 pillows for 23 hours
- Use crutches when walking to the bathroom. **DO NOT** put foot on the floor
- Use ice machine 3 times a day
- Take two tablets of Percocet (Oxycodone) every 4 hours
- Take 1 tablet of Vistaril (Hydroxyzine) three times a day, the third one just before going to sleep at night
- Some bleeding through the dressing may occur. This is normal
- Numbness is normal in the operated limb for up to 24-36 hours. If this persists then contact the office at 646.797.8880
- Headaches following epidural analgesia can occur. Lie down with your head flat and you may take aspirin. A single cup of coffee can also alleviate this spinal headache. If this persists over 12 hours you should contact the anesthesia office at 212.606.1206 and speak to the doctor on call
- Post-operative pyrexia or elevation in body temperature is normal for the first 48 hours. You may take aspirin for this

DAY 2

- Pain control
 - Percocet, 1-2 tablets every 4-6 hours
 - Vistaril, 1 tablet every 8 hours
- Ambulation
 - Touch-down-weight-bearing only
 - Crutches
 - High elevation when not walking
 - Ice machine 3 times a day

DAYS 3-10

- Pain control
 - Vicodin, 1 tablet every 4-6 hours
- Ambulation
 - Increase weight-bearing gradually by 10% of your body weight each day
 - Range of motion exercises for ankle and subtalar joints
 - Ice machine twice a day

DAY 10

- Return visit to Dr. Kennedy's office for removal of sutures
- Begin Physical Therapy
 - Minimum of two weeks, twice a week