



Arthroscopic Ankle Surgery Instructions

1. Do not drink or eat anything after midnight before surgery. No gum or mints the morning of surgery. Do not taking any medications that can thin the blood (Motrin/Ibuprofen, Aleve/Naproxyn, Aspirin, Coumadin) for at least 5 days before surgery.
2. Someone will need to drive you home after the surgery.
3. You may use an ice pack 3-5 times/day for swelling/pain. Make sure to protect your skin from direct contact with the ice (eg cloth).
4. You may remove dressings 2 days after surgery. You may shower 7 days after surgery. You may submerge the ankle in a bath/pool/hot tub 14 days after surgery.
5. Contact the office (805-286-4416) if you are having trouble with pain control, vomiting, or fevers/chills.
6. As soon as you are comfortable, you may start range of motion exercises, in particular spelling out the alphabet 3 times daily with your foot in the air.