
PATIENT INSTRUCTION SHEET

Ankle Arthroscopic Surgery

- Keep bandage and wounds clean and dry. You may bathe in a shower but keep water off of the ankle and the bandage for the first 3 days.
- The bandage may be removed 3 days after surgery. You may bathe in a shower and use soap + water on the wounds. Remove dressings, allow water to shower wounds and blot dry. Cover wounds with bandaids when dry. **DO NOT** submerge wounds in bathtub, hot tub or swimming pool for 4 weeks. Do not submerge underwater. Bear weight as tolerated with crutches. You may discontinue the use of crutches when you can walk comfortably.
- Elevate operated leg as much as possible.
- Apply ice bags or use ice machine as instructed for pain.
- Take prescribed pain medicine as needed for pain. You may switch to Tylenol a few days after surgery. **Do not take more than 3,000 mg of Tylenol per day. DO NOT TAKE ANTI-INFLAMMORY MEDICATION** (Advil, Motrin, Ibuprofen, etc.) for 1 month post-operatively.
- Your follow-up appointment will be in 2 weeks. **PLEASE CALL TO SCHEDULE THIS APPOINTMENT.**
 - UCLA 100 Medical Plaza, Suite 755, Westwood (310) 206-5250
 - UCLA Student Health (310) 825-4073
 - UCLA Athletic Training Room. Contact your athletic trainer to schedule

If you develop severe pain, temperature greater than 101.5°, inability to move extremity, severe bleeding, numbness, wound drainage or redness, call your doctor's office immediately. After hours or on weekends, call the UCLA Page Operator at (310) 825-6301 and ask for the Orthopaedic Resident on call or come to the Emergency Room.