

**POST-OPERATIVE INSTRUCTIONS
ANKLE ARTHROSCOPY**

PLEASE READ THE INSTRUCTIONS CAREFULLY *****

After the surgery you will be given your prescription for pain, please take them with food. **The pain medication is a controlled substance so please use them sparingly as Dr. Feldman does not give refills. Start taking the medication as the anesthesia wears off.**

Please contact Dr. Syed Husain Pain Management 212-400-6622 if you need a refill on pain medication. Have anti-inflammatory medications at home ie: Ibuprofen, Motrin, Advil, Aleve or Voltaren and Tylenol ES to use instead of the prescribed medication for milder pain

It is important to remember that you have just had surgery and will need a minimum of 48-72 hours to recover. Anesthesia can remain in the body for up to 48 hours post-operatively so please refrain from activities such as excess walking or climbing. No working out until after the post-op visit. It takes 48-72 hours for the pain and swelling to peak, **SWELLING AND PAIN IS NORMAL.**

To decrease the swelling:

- Take the prescribed anti-inflammatory in the morning with your breakfast.
- Keep your leg elevated at 45 degree angle at all times for the first three days after surgery (do not count the day of surgery as day one)
- Apply the cold therapy or ice pack and keep the leg cool as much as possible for the first 48-72 hours.

You will be given a cane or crutches to ambulate after surgery. Please use them as directed. The doctor will inform you when you will be allowed to put weight on the leg.

It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. This is normal providing the color of the blood fades to a dark brown within 24 hours. This would indicate old / dry blood. However if there is excessive bleeding (bright red) and the dressing is soaked apply pressure and elevate leg, **PLEASE CALL OFFICE ASAP or GO TO LOCAL EMERGENCY ROOM or HOSPITAL FOR JOINT DISEASES or NEAREST ER , for evaluation and treatment. PLEASE notify office of outcome.**

In case if **INTRACTABLE** , unrelenting pain, that is not alleviated by several doses of the analgesic (pain killer) medication, and if your are unable to reach Dr. Feldman's staff at the clinic, please leave a message with the service, so we could follow-up on your request and return your call. If this problem occurs during the night or on a weekend, please proceed to the Emergency Room at Hospital for Joint Diseases or any other ER in your area, for evaluation and pain management.

Keep the dressing clean and dry until your post-op visit 5-7 days. Please do **NOT** touch/change these dressings as they are meant to keep your incision site sterile.

The office will contact you for the Post-Op appt. At this visit Dr. Feldman will discuss the surgery, remove the dressings and sutures and prescribe Physical Therapy and brace if indicated.