

## Post Operative Patient information

### **Ankle Arthroscopy and Brostrum Reconstruction**

Patient will be discharged with a POP backslab to stay insitu for 10 days. Patient will be mobilising on crutches non-weight bearing.

**10 days post-op** – Patient appointment at The Townsville Hospital Plaster clinic  
Backslab will be removed  
Wound will be reviewed  
Fibreglass short leg cast applied. The cast is insitu for a period of 6 weeks from operation date.

**6 weeks post-op** – Patient appointment at Dr. Hazratwala's private rooms

Cast will be removed  
Wounds will be reviewed  
Commence wearing ROM boot – Free range  
Physiotherapy will commence, including:  
ROM  
Proprioception  
Peroneal strengthening

**NOTE:** Patient is to remain in the ROM boot at all times and can weight bear.

**12 weeks post-op** – Patient appointment at Dr. Hazratwala's private rooms  
Commence use of normal shoes  
Commence full activities once patient is able to do so

If you have any unexpected problems, emergencies or other issues occur, please call me or my nurse Narissa.

Contact details: 07 4727 4111 or 07 4727 4296