

Post Operative Patient information – Day Surgery

Ankle Arthroscopy and LARS Reconstruction

On discharge from the Townsville day surgery you should mobilise using crutches with the ROM boot on, leave your bandages and dressings intact. An appointment has been made for you to be reviewed tomorrow in Dr Hazratwala's rooms.

Patient will be discharged with a ROM boot, mobilising on crutches, weight bearing as tolerated.

NOTE: Please ensure that you elevate and ice the ankle at home.

10 days post-op – Wearing ROM boot

Wound will be reviewed

Physiotherapy will commence unless otherwise specified by Dr. Hazratwala. Physiotherapy will include: ROM, Proprioception, Peroneal Strengthening

NOTE: Patient is to remain in ROM boot when ambulating and can weight bear as specified.

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

Wounds will be reviewed

ROM boot off – into normal shoes

Physiotherapy will continue or commence if not already commenced, including: ROM, Proprioception, Peroneal strengthening

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

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