

Post Operative Patient information

Ankle Arthroscopy and OCD (Osteo-Chondral defect)

Patient will be discharged with a ROM boot, mobilising on crutches, non-weight bearing.

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

10 days post-op – Wearing ROM boot
Wounds will be reviewed
Remain strict Non-weight bearing on crutches (total of 6 weeks)
Physiotherapy will commence unless otherwise specified by Dr. Hazratwala. Physiotherapy will include: ROM, Static peroneal exercises

NOTE: Patient is to remain in ROM boot when ambulating and must remain non-weight bearing.

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, please call me or my nurse Narissa.

Contact details: 07 4727 4111 or 07 4727 4296