

## **ANKLE ARTHROSCOPY AND STABILISATION**

### **Patient Information**

#### **PROCEDURE**

##### **Ankle Arthroscopy**

Treatment of lesions of cartilage and/or loose bodies in the ankle and/ or to determine the cause of pain in the ankle. It requires little cuts around the ankle.

##### **Ankle Stabilisation**

Stabilisation of the ankle by either repairing ligaments or using a tendon to replace the ligaments.

#### **GENERAL RISKS OF A PROCEDURE**

- (a) Small areas of the lungs may collapse, increasing the risk of chest infection. This may need antibiotics and physiotherapy.
- (b) Clots in the legs with pain and swelling. Rarely part of this clot may break off and go to the lungs which can be fatal.
- (c) A heart attack because of strain on the heart or a stroke.
- (d) Death is possible due to the procedure.

#### **RISKS OF THIS PROCEDURE**

- (a) Infection requiring antibiotics and drainage.
- (b) The surgery may not work. This may cause the ankle to give way repeatedly and/ or instability of the ankle.
- (c) Stiffness of the ankle that may or may not require further surgery.
- (d) Nerve damage, which may cause pain around the site of the scar and/ or altered sensation at the back of the foot. This may be temporary or permanent.
- (e) Abnormal pain response to surgery with worsening of pain and disability.
- (f) The surgical cut may cause changes to the sensation and colour of the limb.
- (g) In some people, healing of the wound may be abnormal and the wound can be thickened and red and the scar may be painful.
- (h) Increased risk in obese people of wound infection, chest infection, heart and lung complications and thrombosis.
- (i) Increased risk in smokers of wound and chest infections, heart and lung complications and thrombosis.