

Post Operative Patient information

Ankle Arthroscopy and ORIF

Patient will be discharged with a POP backslab to stay insitu for 10-14 days.
Patient will be mobilising on crutches non-weight bearing.

10-14 days post-op – Patient appointment at Skeletal Support Systems (SSS)

Backslab will be removed

Wound will be reviewed and sutures removed

Fibreglass short leg cast applied. The cast will remain on for a period of 6 weeks from operation date.

Measurements for ROM boot are performed by SSS

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

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 begin to weight bear.

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

Commence use of normal shoes

Commence to full activities

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

Contact details: 07 4727 4111