

Post Operative Patient information

Ankle Arthroscopy and Reconstruction (Hamstring Graft)

Pre-operatively - You will have had your Walker Boot measured and fitted before surgery by SSS (Skeletal Support Systems).
You will need to bring your Walker Boot into hospital to be fitted after surgery.

Post-operatively - You will need to wear your Walker Boot after surgery
You will need to mobilise with crutches for the first 6 weeks
You may weight-bear as tolerated, progress from partial to full
You may remove the boot when sitting or resting in bed, however you **MUST NOT MOBILISE WITHOUT THE BOOT**

10-14 days post-op-Appointment at Dr Hazratwala's private rooms
Wound will be reviewed and sutures removed

6 weeks post-op - Post-operative appointment at Dr Hazratwala's private rooms
Physiotherapy will commence
Commence use of normal shoes
Application of a sports ankle brace
Increase activities as tolerated

You are advised not to drive a vehicle while in a boot.

Please collect your x-rays on discharge from the hospital. If unexpected problems, emergencies or other issues occur, please call me, or my nurse Alicia at (07) 4727 4111 or email: alicia@tsvllc.com.au