



NEW ENGLAND
ORTHOPEDIC SURGEONS

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THINGS YOU SHOULD KNOW ABOUT ANKLE ARTHROSCOPY

1. You will have a soft dressing for 2 weeks.
2. You may have to remain **non-weightbearing with crutches**, in a removable boot, for 3 to 4 weeks.
3. You must **keep the ankle dry** until sutures are removed.
4. **Physical therapy** is sometimes needed to regain motion, balance, and strength.
5. You will remain **swollen** for months.
6. Many patients take **up to 6 months** to fully recover.
7. The goal of arthroscopy is to reduce your pain, but if there is cartilage damage, it will not give you a “normal” joint.
8. You may be unable to **return to driving**, particularly if it involves the Right side, for **6 to 8 weeks**.
9. The timing of return to work depends on what you do, and how much work can accommodate your necessity to keep it elevated, and perhaps minimize or alter your work duties. Dr. McDonald will be happy to provide out of work documentation for your employer as necessary and appropriate.