



Patient Information

Guidelines following Ankle Arthroscopy

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you have a speedy recovery and that the following instructions will be of help.

Aftercare - It is important to rest the affected ankle for 48hours, sitting with foot elevated.

You may mobilise fully weight bearing, partial weight bearing, or non-weight bearing.

You will need to keep your dressing/wound dry for seven days and keep the dressing in place.

It is advisable to take the pain relief given to you even if the pain you are experiencing is bearable. This will keep the overall discomfort under control.

Driving is only advised once you feel that you can control the car and the ankle will allow you to operate the pedals safely.

Stockings - If you have been given support stockings to wear it is important that you continue to wear them day and night until you are fully mobile (at least 24-48 hours). The stockings should be removed for a short time daily to wash the feet and legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).

Follow up - If required an outpatient appointment will be sent through the post _____.

You were given the following pain relief while in Day Surgery

Paracetamol at

Codeine at

Ibuprofen at



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Instructions for patients who have had a general anaesthetic

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliances such as cookers or kettles.
- Do not drink any alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.
- Take things easy for the day after your operation and do not work with machinery.
- Do not take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

If there are any problems after you return home, please telephone your General Practitioner (GP) or out of hours General Practitioner service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays). After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039. You can also call 111 for advice or visit www.111.nhs.uk

If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister
Day Surgery Unit
Great Western Hospital
Marlborough road
Swindon
SN3 6BB

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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