

Peroneal Tendon and Ankle Arthroscopy Post Operative Protocol

Day 0-14	Keep Non Weight Bearing. Do not stand or walk on the operative side. Keep splint dry and do not remove.
Day 14-21	1 st Visit – remove stitches. Transition into walking boot at this time.
Week 3 - Week 6	Begin Weight Bearing only in Cam boot. Initially use crutches and transition to no assistive devices. Begin to move the ankle with gentle ankle circles and up and down motions.
Week 6	2 nd Visit – Begin Physical Therapy. Slowly transition into lace up ankle brace.
Week 6- Week 9	Wear ankle brace and transition into normal shoes. Do not attempt jogging, jumping, or activities that stress the ankle.
Week 9 -3 month	Increase activity level with Physical Therapy
3 month	3 rd Visit Increase Activity as tolerated. Wear ankle brace if needed but start to decrease its use for every day activities. For intense activity or sporting events you should use the brace. Still expect swelling, stiffness, and some pain.

Common Answers to Common Questions

- Not every patients surgery is the same, and not every patient will progress the same. Sometimes we progress patients quicker or slower depending on their surgery.
- Keep Surgical Dressing and splint on until your first follow up appointment.
- Keep your splint/cast dry at all times. When bathing use a cast bag. Cast bags are found at most CVS and Walgreen’s pharmacies
- Do not take any medication with Tylenol (acetaminophen). The medication we provide contains Tylenol. Too much Tylenol can damage your liver.
- Knee Scooters are very helpful during the first couple months
- Do not submerge the leg in water. Simply let the water wash over your wounds, but do not scrub them. Just gently wipe the wounds with soap and water, being sure not to scrub too hard or submerge the wound. Avoid scented lotions or creams. Mederma Scar Gel/ointment can be used if desired.

Walking Boot Instructions

For the 1st 2 weeks in the boot you must wear it to sleep. After the 1st 2 weeks in the boot, you may sleep without it. You can remove the boot to shower. During weeks 3-6 you may also take the boot off we sitting to work on gentle ROM.