

Arthroscopy of the Ankle



Overview

This procedure identifies and treats problems in your ankle. With it, the surgeon can access your ankle without creating a large incision.

Preparation

In preparation for the procedure, you are positioned and anesthetized. Fluid pumped into your ankle expands the joint and makes it easier to see. The surgeon typically creates two small openings in your skin. An arthroscope is placed through one opening. This device is a camera attached to a thin tube. It shows live images on a monitor. Other instruments are placed through the second opening.

Inspection

Your ankle is carefully inspected for signs of damage. The surgeon may decide to correct a problem during the procedure. Or, your problem may be treated during a later procedure.

End of Procedure and Aftercare

When the procedure is complete, the instruments are removed and the openings in your skin are closed. Your ankle is bandaged. You may be placed in a splint or a boot. You will be monitored for a brief time before you are allowed to go home. Your healthcare provider will provide instructions to help with your recovery.

