



The First Name in Specialized Orthopedic Care

222 Middle Country Road
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HOME CARE INSTRUCTIONS ANKLE ARTHROSCOPY/SURGERY

James M. Paci, M.D..

1. Day of Surgery – Instructions Immediate Post-op:

- A. Relax. Diet: as tolerated.
- B. Ice to ankle hour while awake for twenty minutes.
- C. Pain medication every 4-6 hours as needed for pain. It is helpful to take pain medication approximately one-half hour prior to exercise session.
- D. Keep your splint clean and dry. Do not put anything inside of your splint to itch your skin. This will cause your skin to break down.
- E. Keep your ankle elevated as much as possible.

2. First Post – Operative Day:

- A. Continue ice every one to two hours while awake, or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed every 4-6 hours..
- C. Wiggle your toes as much as possible.
- D. If you shower, keep your splint dry!!!!
- E. Use your crutches for weight bearing. Do not put any weight on our injured leg.

3. Second Post – Operative Day Until Return Visit:

- A. Continue ice as needed.
- B. Call Shannon 516-881-7525 ext 2221 if you have any questions.

NOTE: Your ankle will be very swollen. It may take a week or longer for this to go away. It is also common to notice burning around the ankle as the swelling resolves. If excessive bleeding occurs, please notify your physician. Clear (or light yellow) fluid drainage is normal for the first 3-4 days.

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For Return Appointments:

1. A return appointment will be scheduled prior to your surgery and will be approximately 10-14 days from surgery. You will receive your Post-Procedure date and time in the mail with your surgery packet. If you have any questions please call Shannon at 516-881-7525 ext 2221.
 - A. Your first return appointment will take place in Dr. Paci's office in Woodbury or Smithtown. You will see Dr. Paci and/or his PA at this visit.
 - B. Your surgical photos will be reviewed at this visit and any questions will be answered. Your sutures will be removed, if they have not been removed by your physical therapist.
2. If you have any problems or questions please call our office at (516) 536-2800 ext. 2221 and ask for Shannon during office hours 8:00 – 4:30. If you have a problem after hours, call the same number and the answering service will contact Dr. Paci or one of his partners.
3. Please call if you experience any of the following:
 - A. Excessive pain, not controlled by pain medication
 - B. Discomfort, swelling or redness in the calf (behind the leg, between the knee and ankle)
 - C. Temperature/Fever >101F or chills
 - D. Chest pain or shortness of breath
 - E. Excessive redness or discharge from or around the surgical site
4. It is our office policy that narcotic pain medications will not be refilled after hours. If you are running our pain management department at 516-536-2800 ext. 2301 and they will have Dr. Paci determine if a refill will be ordered.
5. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle. If your surgery involves your right leg, this period will be extended until after your immobilization.

Special Note for Patients with Nerve Block:

1. Do not leave ice machine running for over 20 minutes while block is effective due to risk of frost bite.
2. Take pain medication prior to the block wearing off. Otherwise the pain will get ahead of you.