

# Ankle Arthritis

Arthritis affecting the ankle joint typically presents as a painful stiff ankle. There are a variety of causes for ankle arthritis and there are a number of surgical procedures aimed at addressing symptoms. Non surgical or conservative treatment includes: bracing, shoe wear selection, exercise and pain medication.

The type of ankle surgery will depend on the severity of the disease and the level of symptoms experienced.

## What is the treatment?

Conservative Treatment includes: analgesics, anti inflams, shoes, insoles, change in activity decreasing weight

# Ankle Fusion

Ankle fusion surgery is a procedure performed for the treatment of ankle arthritis. Here, worn out joint surfaces are surgically removed. The ankle bones are then held together with metal implants, and the bone surfaces heal in this position. The joint is then permanently stiff after ankle fusion, but the result is usually a pain-free joint.

## Ankle fusion



## Ankle Replacement

Ankle Replacement Ankle replacement surgery is treats ankle arthritis. This surgery removes the arthritic joint surface and an implant is replaced and functions as a joint.

# What to expect

## Expected hospital stay:

2-3 nights. You are discharged when you are confident and comfortable

## Anaesthetic:

A combination of an ankle block and light general anaesthetic is used for the surgery

## Can I walk?

You may not put any weight on your operative foot, however you may use crutches, frame or wheelchair, but you must rest and elevate your foot (23 hours a day) for 1-2 weeks after the procedure.

## Can I shower?

You may shower but keep your cast and dressing dry & intact

## How long does the postoperative cast stay on?

The first cast remains on for 1-2 weeks after the surgery. After this time the cast is replaced with a light weight fibre glass cast for 4-6 weeks, then a CAM Walker for 4-6 weeks, then supportive shoes with insoles

### **When can I resume normal activities?**

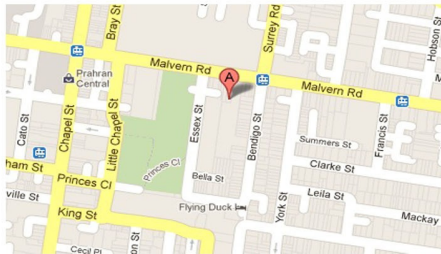
After the two week mark, a slow increase in activity is encouraged. It will take 2-4 months to feel the benefits of the surgery, it may take 1-2 years to fully settle

### **Your first post operative appointment:**

This will occur 1-2 weeks after your procedure. At this time your dressings are removed and wounds assessed. If your wounds are healed, simple wound care instructions are given. If they are slower to heal, you will be required to see the nurse for a subsequent wound check about one week later.

### **When can I return to work?**

If you have a sedentary job you will need at least 2 weeks off. If you have an active job where you stand or walk you will probably require 1-2 months off work



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