

Ankle Arthroscopy



This is a surgical procedure in which the internal aspect of an ankle joint is viewed using a small camera. This camera and other instruments for the treatment of various ankle conditions are passed through small incisions <1cm (key hole surgery). Technical advances have led to high definition monitors and high resolution cameras. These and other improvements have made arthroscopy a very effective tool in the treatment of some ankle conditions.

Ankle arthroscopy is particularly effective in treating symptoms of persistent pain, catching or recurrent swelling of the ankle due to loose bodies or cartilage injuries of the ankle. These injuries usually occur due to sport, work or accidental injuries which lead to damage and avulsion of the cartilage and/or bone in the ankle joint.

Ankle arthroscopy is typically performed as a day surgery procedure under general anaesthesia. During the procedure a small camera (the size of a pen) and specialized instruments are used to view the inner aspect of the joint. The surgeon can feel these structures for quality and integrity, remove any loose bodies or torn cartilage, or repair damaged tissues if possible.



After an ankle arthroscopy, a patient would have bandage dressings around the ankle as well as inner adhesive dressings covering the surgical wounds. Walking and range of motion exercises can be started immediately and most patients are able to walk unaided immediately after the surgery. Patients are usually discharged home on anti-inflammatory and analgesic medications. The outer bandages should be left in place for 48 hours then removed and the inner dressings should be left in place until review by Dr Khatib in clinic approximately 2 weeks after the surgery. Patients are able to wash their operated leg with the inner dressings in place within the first 2 weeks.

Most patients who undergo ankle arthroscopic surgery experience considerable reduction in knee symptoms. If you have symptoms of catching, persistent pain and recurrent ankle swelling please discuss your symptoms with your local medical practitioner and if appropriate a referral can be obtained for review by Dr Khatib in one of our clinic locations.