

# ANKLE LIGAMENT RECONSTRUCTION

## Post-operative Recovery Protocol

**Type of Procedure:** Outpatient  
**Length of Procedure:** 1 hour  
**Anesthesia:** general anesthesia or twilight with a nerve block

### Ankle Ligament reconstruction: What is it?

You have torn the ankle ligaments and a repair of the ligaments is necessary to tighten up the ankle and prevent further episodes of twisting

There are two main ligaments which will be repaired and tightened.

The method that we use to reconstruct the ankle ligaments is called the modified Brostrum procedure, and is made with a small cut on the outside of the ankle and the two ligaments are re-attached and tightened using a tiny metallic anchor to which the stitches are attached into the bone (the fibula). Following surgery, you will need to use crutches for about ten days to two weeks.

You will be able to start walking in a removable walking boot by two weeks

The boot is worn for 4-6 weeks, and then you are able to wear a shoe with an ankle stirrup brace which is worn for 4 more weeks.

You can start exercising at 6 weeks after surgery with the ankle brace on at all times.

Physical therapy is an important part of your recovery to help regain the range of motion of the ankle and strengthen the muscles.

Running, cutting and ball and racket sports are not permitted for 3-4 months after the surgery.

### Specific Post-Operative Course:

#### Day 1

1. Foot wrapped in bulky plaster bandage
2. Ice, elevate, take pain medication
3. Expect numbness in foot for 12 hours
4. Bloody drainage through bandage expected
5. Do not change bandage
6. Do not change the dressing

#### Day 10-14

1. Dressing changed, sutures/staples removed
2. Boot is applied to the foot
3. Weight-bearing in the boot as tolerated



4. You can take the boot off for bathing

6-weeks

1. Start physical therapy
2. Ankle brace worn for support for one month and then a further one month for exercise
3. Physical therapy to continue and be continued at home.



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