

Orthopaedic Specialist of Texas

15400 Southwest Freeway, Suite 100, Sugar Land, TX 77478
281-565-8800

Timothy Sitter, MD

Ankle Arthroscopy

Before Surgery

1. Do not eat or drink anything after midnight the night before surgery. Note: If you take medication on a daily basis, you may take your medication in the morning with a sip of water.
2. If you take a blood thinner of any kind including Aspirin, Plavix, Coumadin, Ibuprofen, Mobic, Naproxen, Vitamin E, diet pills, or herbs, stop taking the medication at least 7 days before surgery. You may continue to take Celebrex up until your surgery day.
3. Please arrive at the hospital at the specified time.
4. This surgery may require an overnight stay. Please discuss with surgeon prior to surgery so you will be prepared.

After Surgery

1. If placed in a splint keep bandages clean, dry, and intact. You may loosen Ace wrap if too tight.
2. You may walk with crutches or walker touching your toe down for balance only!! Do not put your weight on affected leg.
3. Elevate leg and place ice over incision for first week to decrease pain and swelling.
4. You may start taking all of your previous medications after surgery.
5. You will return to the clinic one week after surgery to have your stitches removed and for a post-operative check up.

Note: Any paperwork that needs to be filled out for disability needs to be dropped off at the front desk. The fees for paperwork are posted at the checkout counter. Payment must be received before papers will be filled out. Allow 5-7 business days to complete.