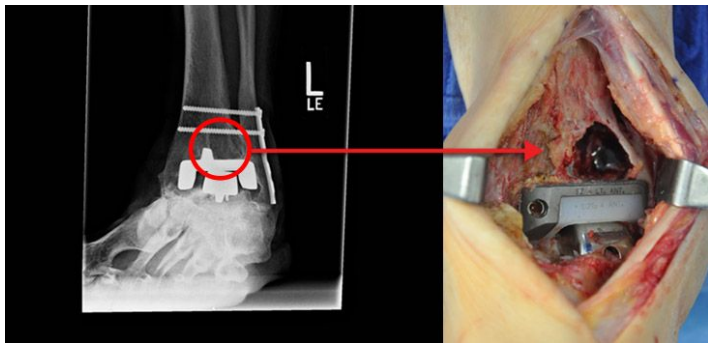


What happens during ankle replacement surgery?



Your healthcare provider can help explain the details of your particular surgery. An orthopedic surgeon will perform your ankle replacement aided by a team of specialized

healthcare professionals.
The whole operation may
take a few hours. In general,
you can expect the
following:

- You will probably have
general anesthesia, which
will make you sleep so
that you feel no pain or
discomfort during the
procedure.

- A healthcare professional will carefully monitor your vital signs, like your heart rate and blood pressure, during the operation.
- After cleaning the affected area, your surgeon will make an incision through the skin and muscle of your ankle, and possibly another one on your foot.

- Your surgeon will remove the damaged portions of your shinbone and talus.
- Next, your surgeon will attach the new metal joint surfaces into the pieces of your remaining bones. Your surgeon might use a special type of cement to hold them in place.
- Your surgeon will also probably insert a piece of

plastic between the new metal joint spaces, so they can glide easily against each other.

- Your healthcare provider may make other necessary repairs.
- Your surgeon will surgically close the layers of skin and muscle around your ankle and foot.

What happens after ankle replacement surgery?

Talk with your healthcare provider about what you can expect after your surgery.

Your medical team will continue to monitor you carefully as you recover.

When you wake up, your leg will probably be immobilized and elevated. You can resume a normal diet as soon as you are able. You may need follow-up X-rays to see how your surgery

went. You will probably need to stay a few days at the hospital.

You may have significant pain right after your surgery, but pain medicines may help ease the pain. The pain should begin to diminish over a few days, and you should have less pain than before your surgery.

After your surgery, you will probably need to wear a splint for a couple of weeks. You might also need to use crutches for several weeks. Your healthcare provider will give you instructions about how to move your foot while you recover. It may be helpful to rest and elevate your leg for the first week or so after your surgery. You won't be able to put your full

weight on your foot for a few months.

You won't be able to see your incision initially, but let your healthcare provider know right away if the pain increases or if you have a high fever or chills.

Make sure to keep all your follow-up appointments, so that your healthcare provider can monitor your

progress. You may have your splint removed and replaced with a boot or a cast a couple of weeks after your surgery. This cast may come off several weeks after your surgery. You might need physical therapy for a few months to help you maintain your strength and range of motion. It may be several months before you

can return to all your previous activities.

Carefully following your healthcare provider's instructions about rehabilitation, medicines, and wound care should increase your chances of a positive outcome.