



Arthroscopic Ankle Fusion

Post-Surgical Guidelines

Week 2 Post-Op

Follow up with MD.
Sutures are removed, x-rays taken and new cast applied.

Week 6 Post-op

Follow up with MD.
Cast removed and x-rays taken.
Tall walking boot usually applied.
Knee high TEDS compression stocking prescribed for swelling control.

Week 12 Post-op

Follow up with MD.
X-rays taken and fusion evaluated.
If healed, wean into sneakers, ankle brace, and start physical therapy.

Month 6 Post-op

Follow up with x-rays, evaluation and usually discharge.