

Considering Surgery for Chronic Ankle Instability?

Undergoing surgery is a big decision, so it's important you understand what is involved and what it means for you.

Before you make your choice, you may want to consider asking your surgeon a few questions about the surgery itself as well as the recovery process.



Questions about the Surgery

- How long will the surgery take?
- Will I receive a general or local anaesthetic?
- Will my ankle be painful after the surgery?
- Will the surgery leave a scar?
- How successful is this type of surgery?
- What is involved in the surgery – what will you do to my ankle?
- What are the costs of the surgery?

Questions about the Recovery Process

- How long will I need to be in hospital?
- How long will I need to take off work?
- What is involved in the post-surgery rehabilitation?
- How long will recovery take?
- How long until I can get back to playing sport?
- Can the injury recur after the surgery?
- Will I always have to be careful of my ankle?