



575 South 70<sup>th</sup> Street  
Suite 200  
Saint Elizabeth Medical Plaza  
Lincoln, Nebraska 68510-2471

Toll-Free (888) 488-6667  
(402) 488-3322  
Fax (402) 488-1172  
www.nebraskaortho.com

Patrick E. Clare, M.D. - Emeritus  
Ronald O. Schwab, M.D. - Emeritus  
Donald J. Walla, M.D.  
Thomas M. Heiser, M.D.  
Daniel R. Ripa, M.D.

Robert W. Dugas, M.D.  
David J. Clare, M.D.  
James W. Gallentine, M.D.  
Steve J. Volin, M.D.

Justin D. Harris, M.D.  
Scott A. Swanson, M.D.  
Daniel B. Cullan II, M.D.  
Aaron M. Bott, M.D.

Joseph P. Mulka, M.D., Ph.D.  
Sukchan Lee, M.D.  
Dane C. Todd, M.D.  
David P. Heiser, M.D. - consulting

## Ankle Arthroscopy with Peroneus Brevis Debridement Instructions

Dane Todd, MD

1. **Elevate and Ice** the ankle for 72 hours after surgery. The ankle should be at or above the level of your heart.
2. **Pain Control** – You will be sent home with a prescription for pain medication. Take it according to the instructions on the prescription. Pain can cause constipation, so be sure to drink plenty of fluids and use an over the counter stool softener (i.e. Miralax) to help prevent this. You may take Tylenol (acetaminophen) instead of the prescribed medication. However, make sure you do not take more than 3,000 milligrams (3 grams) of Tylenol (acetaminophen) in any 24 hour period.
3. **Cast/Splint** – Keep the cast or splint clean and dry at all times. Do not insert any objects into your cast/splint to relieve itching as this can cause scratches in the skin that can become infected. If you are having itching try taking Benadryl (diphenhydramine) or striking the sides of the cast/splint gently with a wooden spoon. If you have increased pain or pressure call our office.
4. **Bathing** – Keep your cast/splint dry at all times. You may sponge bathe or shower, but must cover the cast/splint with sealed plastic. If it becomes wet, contact the office.
5. **Driving** – If your surgery was on your LEFT ankle you may drive once you are completely off all pain medications and feel comfortable doing so. If your surgery was on your RIGHT ankle you cannot return to driving until 8 weeks after surgery and you are off all pain medications.

Questions please call: # 402-488-3322

Fax: 402-488-3336

Patient Name: \_\_\_\_\_

Surgery Date: \_\_\_\_\_

Surgery Performed (circled)      Side (circled): Right      Left  
Ankle Arthroscopy  
Peroneus Brevis Debridement and Repair

Weight Bearing Status (circled) –  
Full    Touch-down      Partial (\_\_\_\_%)      Non

Notes: \_\_\_\_\_

MD signature: \_\_\_\_\_