**Anterior Ankle Arthoscopy – Mr Gordon (Spire Harpenden)**

Antibiotics: None

Tourniquet: Thigh, Kimberly – Clarke blue wrap, sealed with Leukoplast tape, sterile 6 inch Esmarch, 250mmHg once draped

Traction: Gaul ankle strap + 6 inch crepe bandage (around waist)

Position: Supine, calf pumps, curved thigh gutter support, sandbag

Skin Prep: Alcoholic Chlorhexadine in Mr Gordon’s Sterile Isolation Bag (Vi-Drape, MCD, ref: D37105510 (for foot) then with swabs to above knee

Drape: Trolley cover, Extremity Drape

Block: Popliteal (normally done by anaesthetist) – if not: 20mls 0.5% Bupivacaine

Equipment: Knee scope (4.2mm)

Knee shaver with pedals

Knee shaver blade: 5.5mm Incisor Plus (Smith & Nephew)

1 x 3L cold saline, free drainage (no pump), set at maximum drip stand height

Arthroscopy irrigation set (integrated chamber, BMDI, ref 80.601)

Sterile 6 inch Esmarch

20 mls syringe filled with irrigation fluid + white needle

1 x #11 blade

Straight mosquito

Arthroscopic probe

On Standby: Shaver blades: Incisor Plus (Smith & Nephew): 3.5mm, 2.0mm

Ankle scope (2.7mm)

Ankle arthroscopic instruments (if ordered)

Sutures: 3/0 Ethilon

Dressings: Opsite, gauze (2 to each wound, folded into a square)

Wool - 1 x 4 inch, Crepe - 1 x 4 inch

Rigid flat Darco sandal

Post op: Home same day

FWB

Strict elevation 1/52, 23 hours/day

Bandage off by patient 48 hours and leave Opsite

Foot, ankle, knee active ROM

2/52 – OPD: wound check