**Anterior Ankle Arthoscopy – Mr Gordon (NHS)**

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, sandbag

Skin Prep: Alcoholic Chlorhexadine in Mr Gordon’s Sterile Bag (foot) then to above knee

Drape: Trolley cover, Extremity Drape

Block: 20mls 0.5% Bupivacaine at end

Equipment: Knee scope (4.2mm)

Knee shaver with pedals

Knee shaver blade: 4.8mm Cuda (Conmed)

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

Single chamber giving set

Sterile 6 inch Esmarch

20 mls syringe filled with irrigation fluid + white needle

1 x #11 blade Straight mosquito Arthroscopic probe

Diathermy bag and quiver

On Standby: Shaver blades: Cuda (Conmed): 3.5mm, 2.9mm, 2.0mm

Ankle arthroscopic instruments (if ordered)

Arthrowand Super Turbo Vac 90 (Arthrocare) + second suction tubing

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 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