**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, Shoulder Arthroscopy Drape

Block: 20mls 0.5% Bupivacaine by anaesthetist

Scope: Ankle scope 2.7mm x 120mm long ‘high flow’ (Smith and Nephew) with 4.6mm cannula

Knee scope if not available

Shaver: Knee shaver with pedals

Knee shaver blade: 4.8mm Cuda (Conmed) or 4.5mm Incisor Plus (Smith & Nephew)

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

Single chamber giving set

Sterile 6 inch Esmarch

1 x #11 blade Straight mosquito Arthroscopic probe

Diathermy bag and quiver

On Standby: Shaver blades: Cuda (Conmed) / Incisor Plus (Smith & Nephew): 3.5mm

Small shaver + blades (Conmed) / Incisor Plus (Smith & Nephew): 3.5mm, 2.9mm, 2.0mm

Ankle arthroscopic instruments

Ankle osteotomes

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

Sutures: 3/0 Ethilon and No.1 vicryl ties – 2 x 5 cm cut pieces

Dressings: Opsite x 2, 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