**Posterior Ankle Arthoscopy – Mr Gordon**

Antibiotics: None

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

Traction: None

Position: Recovery position, calf pumps

Lateral with supports (as for hip replacement)

Right angled bolster under shin

Skin Prep: Supine - Alcoholic Chlorhexadine in Mr Gordon’s Sterile Isolation Bag (for foot). Turn patient, then with swabs to knee

Drape: Trolley cover, Shoulder Arthroscopy Drape

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

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

(Knee scope if not available)

Knee shaver with pedals

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

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

Arthroscopy irrigation set

Sterile 6 inch Esmarch

1 x #11 blade Straight mosquito Arthroscopic probe

Diathermy bag and quiver

On Standby: Shaver blades: Cuda (Conmed): 3.5mm

Ankle arthroscopic instruments (if ordered)

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, 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