

BENEFITS OF ARTHROSCOPY

Advances in fiberoptic technology and specially designed surgical instruments now allow for a direct and thorough examination of the ankle joint. Most ankles are arthroscoped because of degenerative arthritis, secondary to an injury. Other problems include joint lining (synovial) problems, bone spurs, "loose bodies" (fragments of cartilage or bone), torn ligaments and an unstable ankle joint due to chronic ankle sprains.

UNDERSTANDING ARTHROSCOPY

Once your doctor has obtained a history and physical examination of your ankle problem, x-rays are used to diagnose bone conditions such as degenerative arthritis or ankle joint instability, or pain from causes as listed above. Further specific studies such as bone scans, MRI, CAT scans may be required to establish the diagnosis of your ankle problem. Upon completion of these tests, arthroscopy may be needed to confirm the diagnosis.

DIAGNOSTIC ARTHROSCOPY

Diagnostic arthroscopy allows your doctor to accurately examine directly into the ankle joint. Tiny incisions called "portals" permit the joint to be continuously irrigated, creating a clear visual field. The

incisions are small, with less scarring and less trauma.

SURGICAL ARTHROSCOPY

Surgical arthroscopy may be performed once your doctor has viewed the ankle joint problem. Trimming or removing damaged cartilage, loose bodies, or arthritic bony edges can be preformed with specialized instruments through multiple portals. The newest development of surgical arthroscopy is the repair and reconstruction of the ankle ligaments.

ADVANTAGES OF ARTHROSCOPY

Some of the advantages of arthroscopy is that your podiatrist can reach a more accurate diagnosis, prescribe many surgical procedures through small incisions instead of the conventional "open" method. There is less trauma to the tissue, allowing for better healing, and this is usually a same day procedure. As in all surgical procedures, the possibility of complications does exist and may occur. Recovery may include the use of crutches, exercises, medications, and orthotics/bracing.

RISKS AND COMPLICATIONS

As with all forms of surgery, certain risks and complications need to be discussed. In addition to the standard risks of anesthesia, the most common include infection and the remote possibility that an instrument may break off inside the joint. Others

include the possibility of phlebitis (blood clots), excess bleeding (Hematoma), and numbness.

CONCLUSION

Arthroscopy now allows your doctor to look directly into your ankle, allowing for a more complete examination and diagnosis, a shortened hospital stay, and a speedier recovery. This helps to return you to a more comfortable lifestyle with a minimal loss of time from work and activities that you enjoy. Arthroscopy of the ankle joint has proven to be a useful procedure for diagnosis and treatment of ankle joint problems, with excellent results and a minimum amount of post-operative pain or discomfort.

NAME OF PATIENT: _____

SURGERY:

DATE: _____ **TIME:** _____

PLACE:

_____ Hospital _____

_____ Surgicenter _____

_____ Office _____

_____ Other _____

PREADMISSION TESTING:

Date: _____

Place: _____

Time: _____

SURGICAL PROCEDURE(S):

INSTRUCTIONS:

Preoperative:

Postoperative:

ANESTHESIA:

SIGNATURE OF PATIENT: (Parent or guardian for minor)

SIGNATURE OF DOCTOR:



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ABOUT THE "PICTURES"

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HOW TO WORK WITH BREAKS

Breaks in a Word document appear as labeled dotted lines on the screen. Using the Break command, you can insert manual page breaks, column breaks, and section breaks.

To insert a break, choose Break from the Insert menu. Select one option. Click on OK to accept your choice.

HOW TO WORK WITH SPACING

To reduce the spacing between, for example, body text paragraphs, click your cursor in *this* paragraph, and choose Paragraph from the Format menu. Reduce the Spacing After to 6 points, making additional adjustments as needed.

To save your Style changes, (assuming your cursor is blinking in the changed paragraph), click on the down arrow for the Style in the Styles and Formatting work pane. Select Update to match selection to save the changes, and update all similar Styles.

To adjust character spacing, select the text to be modified, and choose Font from the Format menu. Click Character Spacing and enter a new value.

OTHER BROCHURE TIPS

To change a font size, choose Font from the Format menu. Adjust the size as needed, and click OK or Cancel to exit.

To change the shading of shaded paragraphs, choose Borders and Shading from the Format menu. Select a new shade or pattern, and choose OK. Experiment to achieve the best shade for your printer.

To remove a character style, select the text and press Ctrl-Spacebar. You can also choose Default Paragraph Font from the Styles and Formatting work pane (accessible from the Format menu).

BROCHURE IDEAS

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