

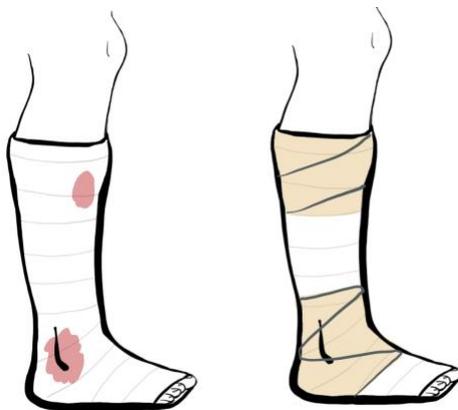
## Looking After Your Ankle Following Removal of Metal:

[Dr Jarrad Stevens Homepage](#)

After Removing metal from your ankle there will be a surgical incision. Covering this is a dressing, soft bandage and a crepe bandage.

As the tissue and bone heal, a small amount of blood may appear on the dressings depending on where the surgery was performed. This is normal.

Sometimes, replacing the bandage is required to reinforce any areas that continue to bleed.



Elevate the leg for the first few days following surgery.

**Discharge home:** After your surgery you will recover in the Day Procedure Unit. When you are safe to mobilise you will be able to go home.

**Pain relief:** After surgery it is normal to have some pain or discomfort. The amount of surgery you have had will influence how much pain you can expect and how long you will need pain relief for. You will be given pain relief tablets to take home with you when you leave the hospital. Take these over the next few days as you need.

**Looking after the Bandage:** You will need to keep the bandage clean and dry. The Crepe and Soft Bandage can come off when they get loose. You may want to re-wrap your leg, otherwise you can discard these bandages. Keep the dressings that cover your wounds dry for the first 2 weeks.

**Movement after surgery:** You can move your foot, ankle, knee and hip straight away after surgery.

It is a good idea to keep moving even after your surgery, it helps your blood circulation and stops your body getting too weak. Avoid any strenuous activity for the first 2 weeks, but gentle movement is advised.

When you are resting or sleeping try to keep the leg straight and elevated on some pillows.

**Wound review:**

After 2 weeks you will have an appointment with Dr Stevens to have your wound checked, any stitches will be removed. Dr Stevens will then give you advice on exercises and physiotherapy.

**Driving:** You cannot drive until you have had your first review appointment with Dr Stevens. He will give you an indication then when you are likely to be able to drive again

**Returning to work:** This depends on the type of surgery you have had and the type of work you do. Most surgeries will need a few days off work, some will require longer, especially if you have a manual job.

As with all surgery, there are risks with removing metal fixations from the ankle. These include infection, delayed healing or wound problems. Difficulty with pain and range of movement may also occur. Sometimes, further surgery will be required.

- + Fever
- + Heavy bleeding or ooze from the wound
- + Increased swelling and redness around the surgery site
- + Pain in the calf muscles or difficulty breathing

If you have any of these problems, please call Dr Stevens or his rooms on **03 5752 5020**