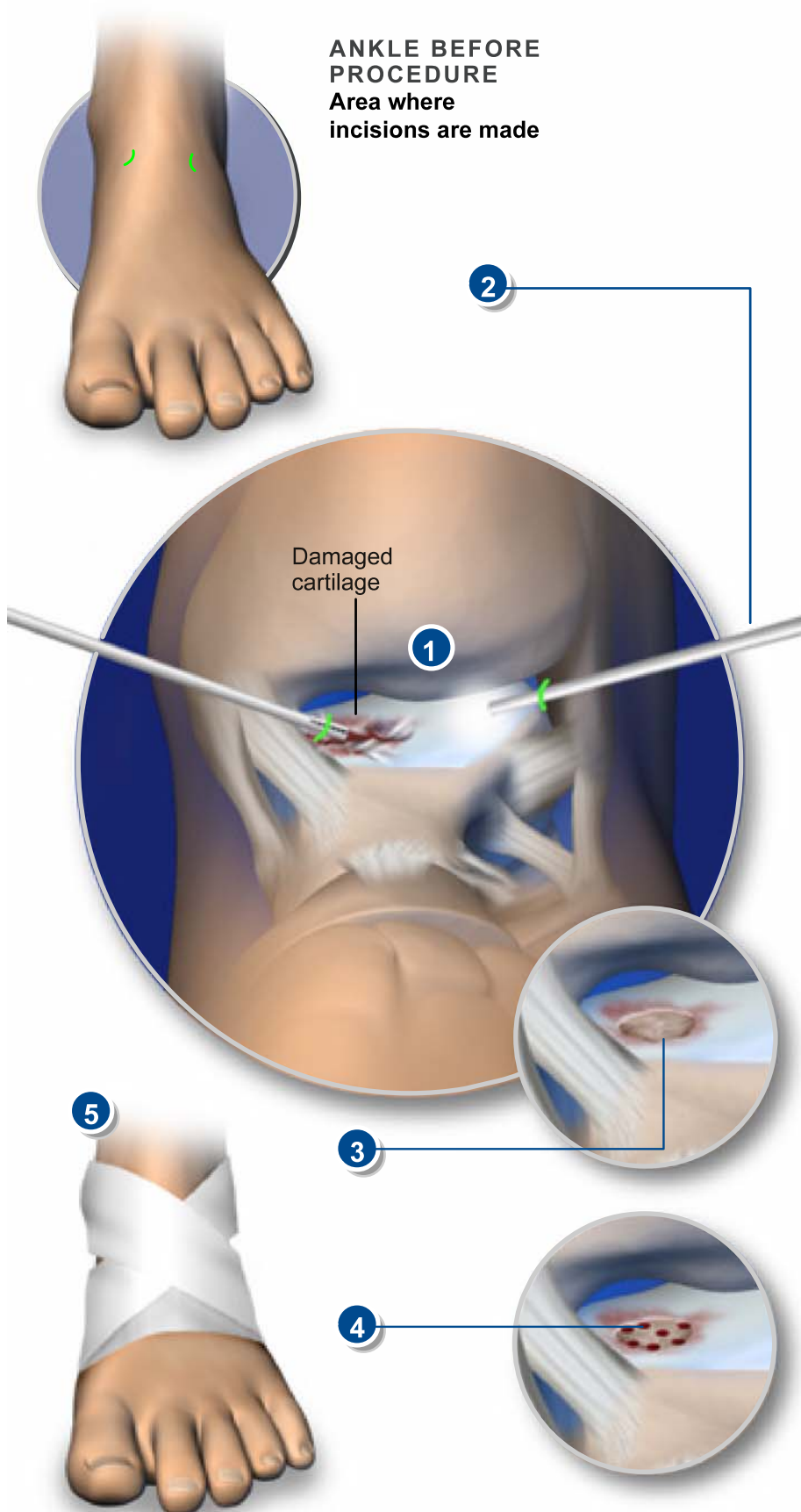


## ARTHROSCOPIC ANKLE CARTILAGE REPAIR



**ANKLE BEFORE PROCEDURE**  
Area where incisions are made

### Overview

This minimally invasive procedure is used to repair damaged cartilage in the ankle joint.

### 1. Expanding the Joint

Small incisions are made on each side of the front of the ankle. Fluid is injected into the joint. This expands the joint, giving the surgeon a clear view and room to work. One or two additional incisions may be necessary.

### 2. Inspection

The surgeon inserts an arthroscope — which has a fiber optic light and small television camera. With the video images as a guide, the surgeon identifies the damaged area.

### 3. Damaged Area Removed

With special tools, the damaged cartilage is removed.

### 4. Repair Cartilage

The surgeon may drill the exposed bone to create bleeding. When the blood clots, it will eventually turn into repair cartilage. Repair cartilage is not as good as the original, but it helps keep smooth movement within the joint.

### 5. Incisions Closed

After the instruments are removed, the surgeon may close the incisions with stitches or tape. Recovery from arthroscopy usually is faster than recovery from traditional open joint surgery.

### End of Procedure/Aftercare

Following surgery, the joint may be sore and swollen for four to six weeks. Depending on the extent of injury and treatment, patients may be allowed to stand with crutches, they may be instructed to wear a walking cast or splint, or they may have to keep off their feet for several weeks.