


ANKLE REPLACEMENT / FUSION Understanding the Procedure & Recovery

Premier Orthopaedic Associates | poasnj.com

 Call or Text: 856.690.1616

What is Ankle Replacement or Fusion?

These procedures treat severe ankle arthritis or injury:

- **Ankle Replacement** involves replacing the damaged joint surfaces with artificial implants to preserve motion.
- **Ankle Fusion** permanently joins the bones of the ankle to eliminate pain from movement. Your surgeon will help decide the best option based on your lifestyle, age, and condition.

What is the Surgery Like?

Performed under anesthesia:

- **Replacement** uses metal and plastic components
- **Fusion** uses screws or plates to stabilize the bones

Who Benefits from Surgery?

- Severe ankle arthritis
- Chronic pain and stiffness
- Failed prior treatments
- Desire to return to pain-free activity

Benefits

- Pain relief
- Improved stability and mobility
- Return to walking and daily activities


Risks to Consider

- Infection
- Nerve injury
- Blood clots
- Implant wear or loosening
- Non-union in fusion

Recovery Timeline (Typical)

- **Weeks 0–2:** Non-weight bearing in splint or cast
- **Weeks 2–6:** Begin gentle motion (replacement); fusion continues immobilization

- **Weeks 6–12:** Gradual weight bearing
- **3–6 Months:** Physical therapy and activity resumption

 Talk with Your Surgeon About:

- Which procedure is right for you
- Expected recovery and activity level