

Patient Information Sheet

Ankle fracture discharge advice

What do I need to know?

The clinic appointment in orthopaedics has confirmed that:

- You have an ankle fracture which is stable and will heal by itself
- It is safe to walk (weight bear) on your ankle, this will not affect healing
- You do not need surgery or any more X-rays

A member of the team has checked your repeat X-rays and the ankle fracture is in a good position. It will heal by itself and you do not need surgery, any further X-rays or orthopaedic appointments.

What should I do now?

- You do not need to be seen in clinic again and the pain will continue to settle over the next few weeks.
- Continue to wear your supportive velcro boot or “moon boot” for a **as long as you find it helpful (maximum four weeks) when walking or weight bearing**.
- Once you are finished with your boot place it in the bin (it cannot be reused).
- You **do not have to wear** the moon boot when seated or when in bed.
- You must **keep the ankle moving** when your boot is off. Remove the boot every day to move your ankle and foot (see the exercises overleaf).
- You should **keep the boot dry** and monitor the skin on your leg, ankle and foot to make sure it stays healthy.



How long will it take to recover?

- The injury will heal over the course of **4-6 weeks** but you may have some occasional aching for up to **6 months**.
- Regaining a full range of movement as soon as possible will speed up your recovery.
- Most people return to desk work by **1 to 2 weeks**, but manual work may not be possible for 4 to 6 weeks depending on your symptoms.
- There is **no specific time you can drive again**. It is **illegal** to drive when wearing a sling, splint, cast or moonboot. As you recover, it is your legal responsibility to be certain before you return to driving that you are able to control your vehicle normally and safely.

Patient Information Sheet

44B: Ankle fracture

What do I need to know?

Key exercises (3 times a day)

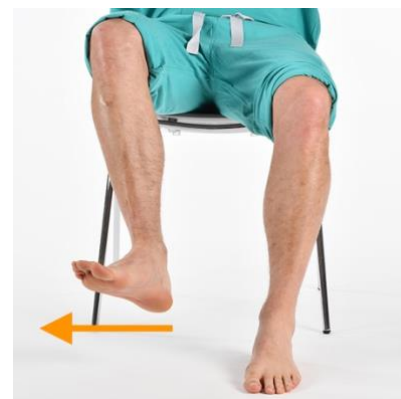
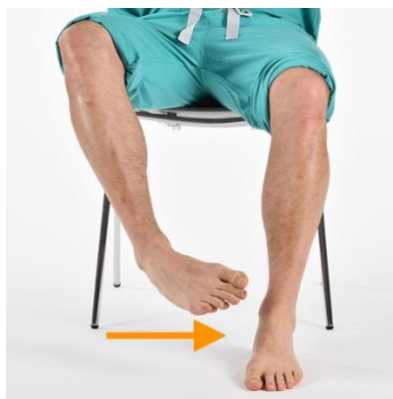
Ankle bending and straightening

- As soon as you can, remove the boot and begin to move your ankle up and down
- When the pain begins to settle, use a towel around your foot to pull up and stretch your calf



Ankle in and ankle out

- While seated lift your foot
- Move the ankle in the way then out the way



Get in touch

Please get in touch via our trauma email if you have queries about your injury:

traumaenquiriesRIE@nhslothian.scot.nhs.uk

If you do not receive a reply after 3 working days call our Monday -Friday helpline (8am-4pm):
0131 242 3410

Urgent Issues

Please call the department where you were initially seen about your injury:

- **RIE Minor Injuries Unit:** 0131 242 3942 (8am- midnight, if after midnight contact RIE Emergency Department 0131 242 1300)
- **WGH Minor Injuries Clinic:** 0131 536 3468 (09:00-20:30)
- **SIH Emergency Department:** 01506 523011 (24hrs)