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## Discharge advice following a fractured (broken) ankle

Issued by the Orthopaedic Department

Your injury has been assessed and treated by the urgent care / emergency department staff and you have sustained a fractured (broken) ankle.

## What happens next?

An orthopaedic trauma consultant (a doctor who specialises in fractures) will review your x-rays. If any other treatment is needed, or if we need to see you for review in the fracture clinic you will be contacted by phone or letter in the next five working days. If nothing further is required we will not contact you, however if you have any concerns please call the helpline number in this booklet.

Most ankle fractures are stable and heal well over time without any further treatment.

The pain, tenderness and swelling you are experiencing in the ankle should gradually settle over a period of several weeks. Initially you should try and rest with the leg elevated to reduce your swelling.

You will have been provided with a removable boot and/or crutches to support your ankle. You may walk on your injured ankle as much as pain allows. It is safe to remove your boot to wash and to sleep if you wish. You can stop using the boot from 4-8 weeks as your symptoms settle.

After 4 weeks you should begin to exercise your ankle to reduce stiffness. This may be difficult to begin with but will get easier. We suggest you take paracetamol and ibuprofen to help relieve your pain, if you can take them. If you need further advice about pain relief, ask your pharmacist.

## How long will it take to heal?

Most injuries heal without any problems - however it may take several months for your symptoms to settle completely.

Sometimes, the break may fail to heal and continue to be painful, even after several months. If this occurs an operation may be needed to help heal the break.

If you are still experiencing a lot of pain after two months, please phone the helpline for further advice.

We wish you a speedy recovery.

### **If you have any worries or concerns, please contact us on the helpline:**

Monday-Friday, 9am-3.30pm

01670 529431

### **After hours and weekends, if you need urgent advice contact:**

Wansbeck General Hospital

01670 529884

North Tyneside Hospital

0191 2932515

Northumbria Specialist

0191 6072100

Emergency Care Hospital

## Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

## Other sources of information

### NHS 111

### NHS Choices

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

### Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: **01670 511098**

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

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