

# Patient Information Sheet

## Ankle Fractures

*What do I need to know?*

### What is my diagnosis?

You have broken (fractured) your ankle. The type of injury you have suffered is painful but almost always heals without the need for surgery. A cast or moonboot is sufficient to manage this type of injury and allow healing

### What happens next?

We may contact you to come back to the clinic for an X-Ray, or one of our Trauma Nurses or Physio Practitioners may call you to check on your condition and discharge you without the need for you to come back to the hospital

### Top Tips for recovery

- Elevate your ankle above the level of your heart when you are at home to reduce swelling
- Stop or cut down on smoking while the bone is healing (smoking has been proven to slow the healing of bones and increase the risk of 'non-union' [when the bone doesn't heal])

#### Useful phone numbers

ERI: 0131 5361000

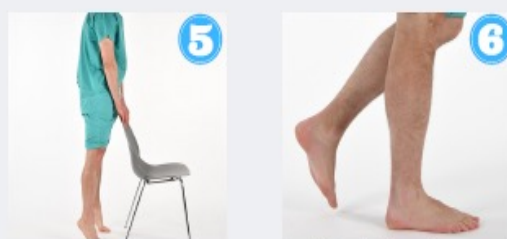
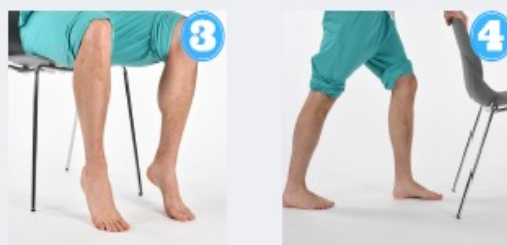
SJH: 01506 523000

Waiting list office: 0131 2423437

### WHAT DOES THE X-RAY LOOK LIKE?



### KEY EXERCISES



Single leg stance

Try to balance for 30s. Progress to having your eyes closed



### What will my recovery be like?

#### Weeks 1 and 2

- The ankle will be painful but this should be tolerable with normal sensation in your toes
- Simple pain killers such as paracetamol and ibuprofen should be sufficient to manage your pain
- You may notice bruising and swelling around your ankle and foot as well as mild tingling/numbness
- The moonboot is for your comfort and you **do not have** to keep it on all the time. It is safe to take your ankle out of the moonboot when resting and at night, and to perform **EXERCISES 1 & 2**
- It is safe to walk with your bodyweight through the injured ankle with or without the boot, although at this stage you will find it easier while the moonboot is on

#### Weeks 3 -5

- The pain and bruising will begin to reduce
- You may begin to rely less on the boot and crutches

#### Week 6

- At this stage you should **remove your moonboot for walking** for increasing parts of the day
- It will feel unusual to begin with and that is **normal**
- Some initial ongoing pain over the ankle is normal but this should settle over the next few weeks
- Swelling of the ankle may persist for 3-6 months
- Progress to **EXERCISES 3-6**. Repeat x10 each and x3 per day for 4 weeks

### What if my Ankle does not heal?

It is uncommon for stable ankle fractures not to heal. If you notice you are struggling to weight bear through the moonboot **after 6 weeks**, please contact us using the details below.

### Getting in Touch

Please get in touch via our trauma email: [traumaenquiriesRIE@nhslothian.scot.nhs.uk](mailto:traumaenquiriesRIE@nhslothian.scot.nhs.uk)  
If you do not receive a reply from this email after 3 working days please use the helpline in hours (8am-5pm): **0131 242 3410**

Please call the Minor Injuries Unit 0131 242 3942 (out of hours) for any **urgent issues**, for example:

- There is a sudden, severe, constant increase in the pain
- You have progressive worsening numbness and weakness in your foot
- The moonboot/cast feels very tight and constricting with increased swelling of the toes and/or rubbing of the skin

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