

Orthopaedic Department

Ankle fracture – General Advice Sheet

Rest: avoid activity, mobilise using crutches and weight bearing status through the injured limb depends on your doctors instructions.

Ice: apply ice wrapped in a damp towel to the injured area for 15-20 minutes, every 2-3 hours during the day. Do not leave the ice on while you are asleep, and do not allow ice to touch your skin directly, as this may cause a cold burn.

Elevation: keep the injured area raised and supported on a pillow above the level of your groin for 23 hours a day, to help reduce the swelling.

Pain Killers: take regular pain killers as advised by your doctor. Oral non-steroidal anti-inflammatory drugs (NSAIDs) can also help to reduce swelling and inflammation. Ibuprofen is not recommended if you have a history of asthma, kidney disease, or stomach problems such as a peptic ulcer. Codeine can be used alongside paracetamol. Codeine can cause drowsiness, and it is advisable not to drink alcohol when you are taking it.

Exercise any joints left out of plaster

Moving your toes will help to improve the circulation and reduce any swelling. Lifting your leg using your muscle strength (active straight leg raise) and repetitively straightening your knee using your thigh muscles (static quadriceps exercise) would prevent thinning of the muscle bulk.

How to care for your plaster cast

Keep your cast dry **but do not** cover it in plastic/rubber gloves etc. When having a wash, wrap your cast in a towel.

- **Do not** put anything inside your cast
- **Do not** cut or damage your cast



Patient Information

If your plaster cracks, rubs, or digs into the skin, gets loose, or uncomfortable, please contact us by phone: 024 7696 5095.

Contact us

Contact us immediately on 024 7696 4000 Bleep: 2801 or come to A&E if you experience:

- Severe pain not controlled by pain killers
- Altered sensation in the toes
- Bluish/white discolouration of toes
- Discharge through plaster
- Excessive swelling
- Inability to move the toes
- Excessive pain or pressure under the cast

Further Information

If you need any more information, please contact the Orthopaedic secretaries on 024 7696 5095.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5095 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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