

**Discharge Advice: Ankle and Foot Injuries**

- You have had a simple soft tissue injury to your ankle and foot, as part of this, you may also have had a 'chipped bone'.
- These injuries have a good track record for full healing without problems, simply with time.
- The pain, tenderness and swelling you are experiencing should gradually settle over a period of several weeks.
- During this time, you may find walking on the foot painful, it is advisable to keep the foot elevated.
- You may be provided with a support for the foot in the form of bandaging or a removable boot depending on the type of injury. If required, you will also be provided with crutches.



- You may walk on the foot as much as pain allows, and if you have been given a boot should gradually discard it over 3 - 5 weeks as the pain settles.
- Most injuries heal without any problems - however it may take several months for your symptoms to settle completely.
- If you are still experiencing significant symptoms after several months, please phone the fracture clinic helpline as listed below for further advice.

**Should you have any worries or concerns following discharge from hospital, please contact either the**

**1) Fracture Clinic Helpline: 0141 211 4239  
(9.00am until 4.00pm, Monday to Friday)**

**2) Emergency Department: 01414 211  
4344 (outwith these times)**