

Discharge Advice *Stable Ankle Fracture*

- You have a stable fracture of your ankle
- The fracture has occurred in a part of the bone which normally heals well without problems.
- The pain, tenderness and swelling you are experiencing in the ankle should gradually settle over a period of several weeks.
- You will be provided with a removable boot to support your ankle. If required, you will also be provided with crutches.
- The injury is stable, you may walk on it as much as pain allows. Initially you should keep this to a minimum and rest with the leg elevated to reduce your swelling.
- It is safe to remove your boot to wash and to sleep if you wish. You can stop using the boot from 6-8 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
- Most injuries heal without any problems but 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 please contact either the
1) Fracture Clinic Helpline: 0141 211 4239
(8.30am until 4.30pm, Monday to Friday) or
2) Emergency Department: 0141 211 4344
(outwith these times)