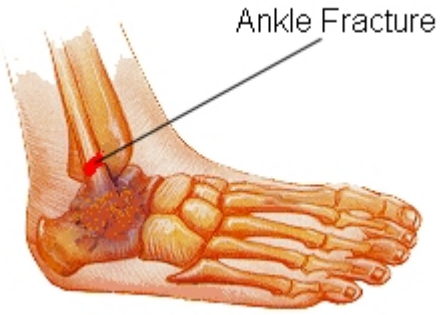
Ankle Fracture

A fracture is a break in the bone. Most of the time, surgery is not needed for a broken ankle. A cast, splint, ankle brace or walking boot may be used to heal the break. A broken ankle can heal in 6 to 12 weeks.

HOME CARE



- Do not walk on your broken ankle until directed by your doctor.
- Use crutches as directed by your doctor.
- Keep your ankle raised to the level of the chest as much as possible.
  - Prop your ankle on pillows or a chair.
- Take medicine as directed by your doctor.
- Do not smoke. Smoking slows healing.
- Eat healthy foods.
- Go to all follow-up care as directed by your doctor.
- If you do not need a cast, splint, brace or boot:
  - Apply an ice pack to the ankle as directed by your doctor.
- If you have an ankle brace or walking boot:
  - Only remove your brace or boot as directed by your doctor.
  - Apply an ice pack to the ankle as directed by your doctor.
- If you have a splint or cast:
  - Rest your plaster splint or cast only on a pillow until it is fully hardened. It may take 3 days for the plaster to harden.
  - Do not scratch under the splint or cast.
  - Do not stick anything inside the splint or cast to scratch itching skin.
  - Keep sand and dirt out of the inside of the splint or cast.
  - Do not pull out the padding from the splint or cast.
  - Keep your splint or cast dry and clean. Cover with a plastic bag during showers.
  - Check the skin around the splint or cast every day. You may put lotion on sore areas.
  - Do not put pressure on any part of your cast or splint. It may break.

GET HELP RIGHT AWAY IF:

- You have severe pain, burning or stinging.
- Your toes turn blue or gray.
- Your toes feel cold or numb.
- You can not move your toes.
- Your splint or cast is too tight.
- Your splint or cast breaks.
- There is a bad smell or pus coming from under the splint or cast.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 10/15/2010

ExitCare® Patient Information ©2011 ExitCare, LLC.