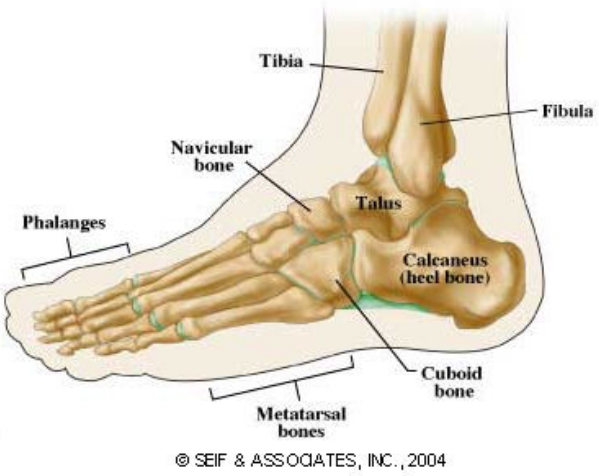
Fractured Ankle

A fractured or broken ankle may involve one or both bones (tibia and or fibula). M**ost of the time, broken ankles do not require surgery. They usually heal in 6-12 weeks with proper care**. A cast, splint, or walking boot or brace is usually applied to immobilize the joint. Do not scratch the skin under your splint or cast.



Keep your injured ankle elevated to the level of your heart on pillows and chairs for the next 3-4 days. You can apply ice packs to the injured area for 20-30 minutes every 3-4 hours during this time to help control swelling and pain. **Use crutches to as instructed. Do not bear weight on your injury until your caregiver approves. Walking on a broken ankle before advised by your provider may compromise the long term result**. Take your pain medicine as prescribed. Be sure to arrange for follow-up care, such as physical therapy) as recommended. This allows your ankle to be fully rehabilitated as quickly and completely as possible.

CALL YOUR CAREGIVER OR SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE:

- Increasing pain uncontrolled by pain medicine.
- Numb, cold, pale, or painful toes.
- Are not improving or are getting worse.
- Have any other questions or concerns.

MAKE SURE YOU:

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

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