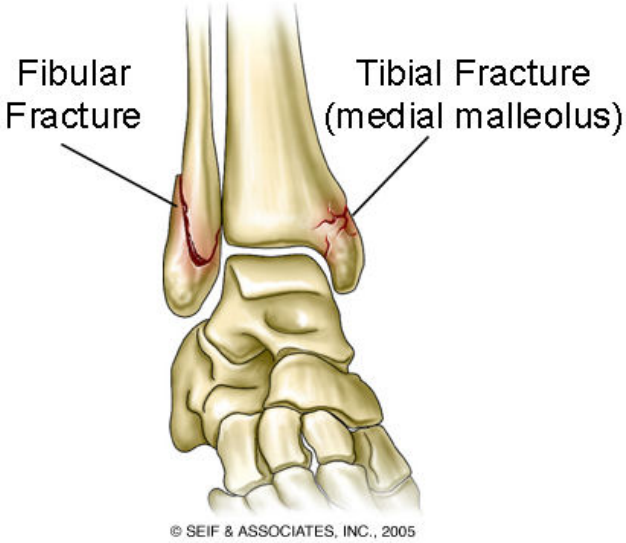
Ankle Fracture

A fracture is a break in the bone. A cast or splint is used to protect and keep your injured bone from moving.

HOME CARE INSTRUCTIONS



- Use your crutches as directed.
- To lessen the swelling, keep the injured leg elevated while sitting or lying down.
- Apply ice to the injury for 15 to 20 minutes 4 times per day while awake for 2 days. Put the ice in a plastic bag and place a thin towel between the bag of ice and your cast.
- If you have a plaster or fiberglass cast:
  - Do not try to scratch the skin under the cast using sharp or pointed objects.
  - Check the skin around the cast every day. You may put lotion on any red or sore areas.
  - Keep your cast dry and clean.
- If you have a plaster splint:
  - Wear the splint as directed.
  - You may loosen the elastic around the splint if your toes become numb, tingle, or turn cold or blue.
- Do not put pressure on any part of your cast or splint; it may break. Rest your cast only on a pillow the first 24 hours until it is fully hardened.
- Your cast or splint can be protected during bathing with a plastic bag. Do not lower the cast or splint into water.
- Take medications as directed by your caregiver. Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Do not drive a vehicle until your caregiver specifically tells you it is safe to do so.
- If your caregiver has given you a follow-up appointment, it is very important to keep that appointment. Not keeping the appointment could result in a chronic or permanent injury, pain, and disability. If there is any problem keeping the appointment, you must call back to this facility for assistance.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your cast gets damaged or breaks.
- You have continued severe pain or more swelling than you did before the cast was put on.
- Your skin or toenails below the injury turn blue or gray, or feel cold or numb.
- There is a bad smell or new stains and/or *purulent* (pus like) drainage coming from under the cast.

If you do not have a window in your cast for observing the wound, a discharge or minor bleeding may show up as a stain on the outside of your cast. Report these findings to your caregiver.

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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