

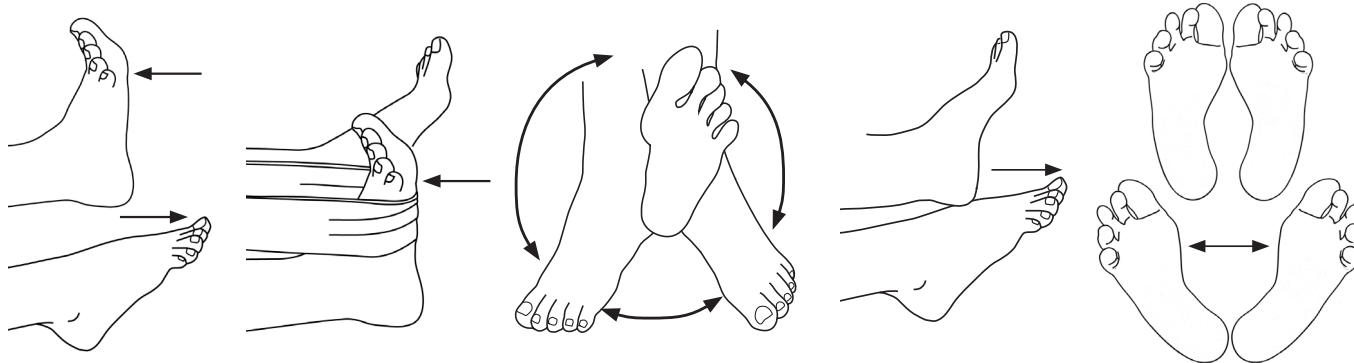


Patient Information

- 1 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" or small Avulsion Fracture.
- 2 These injuries have a good track record for full healing without problems, simply with time.

- 3 The pain, tenderness and swelling you are experiencing should gradually settle over a period of several weeks. It is advisable to keep the limb elevated when possible and aid reduction of swelling.
- 4 During this time, you may find walking on the foot uncomfortable. Take weight through your foot as you feel able. You may need to take regular pain relief initially.
- 5 You may be provided with a support for the foot in the form of a removable boot, depending on the type of injury. If required, you will also be provided with crutches. You can take the boot off when relaxing. When not in situ gently move ankle within limits of discomfort to prevent stiffness.
- 6 You may walk on the foot as much as pain allows, and if you have been given a boot should gradually discard it over 4-6 weeks as the pain settles.
- 7 Most injuries heal without any problems - however it may take several months for your symptoms to settle completely.

Increase Range of Movement as Pain Allows



Should you have any worries or concerns following discharge from hospital, please use the contact details below

Contact details:

Raigmore Hospital
Old Perth Road,
Inverness, IV12 3UJ.
Tel: 01463 704000 ext:4294

Tel:

Fracture Clinic Helpline - 12 - 3 pm 07779 422980
In an emergency contact NHS 24 - Tel: 111

Monday to Friday

Issue 2	Date of issue: Oct 2024	Date of Review: Oct 2026
Devised by: Fracture clinic, NHS Highland		