

Discharge Information:

Ankle fracture

This information sheet aims to answer any questions you may have about your care after discharge.

You or your family member has been diagnosed with a fracture of one or both bones in the ankle.

If the fracture is uncomplicated you may be treated in a cast, however more complicated fractures may require correction under anaesthetic. If your treating practitioner is concerned you will be referred to the Orthopaedic specialists for ongoing treatment.

Initial Treatment

Due to the swelling that results from ankle fractures, a half cast or "backslab" will be applied at the time of the injury until the swelling settles.

Depending on the severity of the fracture you will either be reviewed again in the Emergency Department or follow up will be arranged either in the Orthopaedic Outpatients Clinic or with a private Orthopaedic surgeon.

Once supported in a cast, simple pain killers such as paracetamol or ibuprofen often provide adequate pain relief for these injuries, however your individual requirements will be assessed by your treating practitioner.

Unless it is contraindicated, adults with a diagnosis of ankle fracture will be commenced on Vitamin C 500mg daily for 50 days. Vitamin C has been shown to reduce the risk of ongoing ankle pain (complex regional pain syndrome) following a fracture.

You may not be able to put weight on the injured leg and staff will provide you information on where you can obtain crutches or other walking aids.

Follow up Treatment

You will be referred to the Orthopaedic Clinic, who will arrange to see you in 7-10 days and follow up the progress of your injury. A repeat X-ray may be done and the cast changed to a full cast at the time.

Once the cast is removed sporting activities will need to be restricted for a further 6 weeks.

If you are a female over 45 years of age or a male over 55 years of age and your fracture is the result of a fall from a standing height, this may indicate that you have a higher risk of osteoporosis, a disease in which the bones become fragile and brittle. If your treating practitioner has not discussed further investigations about osteoporosis, we advise that you arrange to see your general practitioner to discuss this further.

Plaster and Synthetic Cast Care

Initial Cast Care

If a cast or plaster splint has been applied you must do the following for the first 24 hours:

- Rest the leg
- Keep it elevated (eg: sleep with your leg on a pillow)
- Check your foot for any of the following:
 - Increasing pain
 - Increasing swelling
 - Numbness or tingling
 - Change in skin colour
 - Change in skin temperature

If you experience any of the above signs or symptoms please phone or return to the Emergency Department for review.

- Keep moving the toes
- If you have a full cast, come back the following day to have your cast checked.

Ongoing Cast Care

Do:

- Keep the cast dry
- Check daily for cracks, breaks or soft areas
- Exercise joints not affected
- Be Aware of a loose cast when the swelling subsides; replacement may be necessary
- If in doubt seek advice

Don't

- Get the cast wet
- Get the cast near anything hot. The cast material retains heat and may cause a burn
- Poke objects inside your cast
- Alter or cut your cast in any way
- Carry heavy objects or lean on your cast.

Contact Numbers

Noarlunga Hospital
Emergency Department
08 8384 9288

Flinders Medical Centre
Emergency Department
08 8204 6065

Orthopaedic Clinic
08 8204 4787

Private Orthopaedic Surgeon

Name:

Your next review is:

Address:

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Contact number:

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Appointment Date:

If a referral has been sent to the Orthopaedic Clinic and you do not receive an appointment time within 5 days you will need to call them on the number listed above.

Appointment Time:

For more information

Emergency Department
Flinders Medical Centre
Flinders Drive
Bedford Park SA 5042

Emergency Department
Noarlunga Hospital
Alexander Kelly Drive
Noarlunga Centre SA 5168

Telephone: 08 8204 5042
www.sahealth.sa.gov.au

If you require this information in an alternative language or format please contact SA Health on the details provided and they will make every effort to assist you.



This document has been reviewed and endorsed by consumers.



Health
Southern Adelaide
Local Health Network