

## Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

### Customer Services Department

Livewell Southwest  
Room AF3, Local Care Centre  
200 Mount Gould Road  
Plymouth  
PL4 7PY

**Tel:** 01752 435201

**Email:** [customerservicespch@nhs.net](mailto:customerservicespch@nhs.net)

## Contact details

**The Minor Injuries Units are open every day of the year, including Bank Holidays.**

### Minor Injuries Unit Cumberland Centre

Damerel Close  
Plymouth  
PL1 4JZ

**Tel:** 01752 434390

**Opening times:** 8:30am - 9pm

### Minor Injuries Unit South Hams Hospital

Plymouth Road  
Kingsbridge  
TQ7 1AT

**Tel:** 01548 852349

**Opening times:** 9am - 5pm

### Minor Injuries Unit Tavistock Hospital

Spring Hill  
Tavistock  
PL19 8LD

**Tel:** 01822 612233

**Opening times:** 8am - 10pm

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)

 Livewell Southwest

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## Information & Advice

# Ankle Fracture

## Minor Injuries Unit

Cumberland Centre  
South Hams Hospital  
Tavistock Hospital

**This leaflet is designed to help you understand your fractured ankle and the treatment you may have.**

## Introduction

A fracture is the same as a break or a crack.

The ankle is a joint involving a bone in the foot (talus) and the two long bones of the lower leg (tibia and fibula).

An ankle fracture is a break of one or more of these bones. There may be ligaments damaged as well.

Ankle fractures are common injuries. The usual cause of ankle fractures is an injury caused by a fall, twist or a direct blow.

## Signs and symptoms of a fractured ankle

- Inability to weight bear
- Pain straight after the injury
- Swelling over the injured area
- Sometimes bruising
- Deformity - the ankle looks out of place

Your ankle injury will have been examined by a Practitioner and an x-ray will have been taken to confirm the fracture to your ankle.

The treatment for your fracture will depend on the type of fracture, number of bones broken, or if the fracture is out of place.

## Treatment

In general there are two types of treatment.

### 1. Conservative treatment

If the fracture is stable and is aligned in its original position, you will be treated in a plaster cast below the knee.

You will be lent a pair of crutches or walking frame so that you do not put any weight on your leg until the bones heal.

### 2. Surgery

If your ankle is out of place, then it will need to be realigned by reduction procedure at Derriford Hospital and the Practitioner will refer to the hospital for assessment. The doctors at the hospital will explain the operation to you.

## How long will my fractured ankle take to heal?

This will depend on the type of fracture you have, the method of treatment and your general wellbeing.

Bones usually heal in 6 - 8 weeks but may take longer if you are a smoker or diabetic.

## Plaster care

Keep your plaster dry and do not get it wet.

Do not scratch underneath the plaster.

Read your exercise leaflet and perform the exercise regularly to prevent stiffness.

## Pain management

Please take regular simple painkillers such as Paracetamol or Ibuprofen. If simple painkillers do not manage your pain please discuss pain management with your local Community Pharmacist or GP.

## Elevation

Elevating your ankle aims to limit and reduce swelling. Keep your leg up on a chair to at least hip level when you are sitting.

It may be easier to lie on a sofa and to put your leg on some cushions. When you are in bed, put your leg on a pillow.

You will be followed up in the fracture clinic at Derriford Hospital and your appointment date and time is

**Please return to the MIU or Emergency Department if you suffer any of the following symptoms:**

- Increased pain in ankle
- Any numbness to foot or toes
- Any change in colour to your toes
- Increased swelling to your toes
- Your plaster becomes wet or damaged.