

## Ankle and foot injuries: discharge advice

- 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’.
- These injuries usually heal fully without any long-term problems.
- The pain, tenderness and swelling you are experiencing should gradually settle over a period of several weeks.
- During this time, you may find walking on the foot painful; it is advisable to keep the foot elevated.
- You may be provided with a support for the foot in the form of bandaging or a removable boot, depending on the type of injury. If required, you will also be provided with crutches.
- You may walk on the foot as much as pain allows. If you have been given a boot this should gradually be discarded over the following 3-5 weeks as the pain settles.
- Most injuries heal without any problems. However it may take several months for your symptoms to settle completely.
- If you are still experiencing significant symptoms after several months, please phone the fracture clinic helpline as listed below for further advice.



If the pain gets worse or lasts more than 3 weeks, or if you are concerned following discharge from hospital, please contact: Fracture Clinic on **0118 322 6567 (12 noon-5pm, Monday to Friday)** or mobile: **07554 330 369**.

Friends & Family Test: While you are in hospital please spare a few moments to answer one question ‘Would you recommend our service to family and friends if they required similar care or treatment?’ by filling in the card given or online by visiting [www.royalberkshire.nhs.uk/surveys](http://www.royalberkshire.nhs.uk/surveys).