



## Lateral Malleolus Avulsion Fracture Discharge Advice

- You have fractured a bone on the outer part of your ankle.
- The fracture has occurred in a part of the bone which normally heals well without problems.
- The pain, tenderness and swelling you are experiencing in the foot should gradually settle over a period of several weeks.
- During this time, you may find walking on the foot painful – it may help to walk on the heel initially.
- You will be provided with a support for the foot in the form of bandaging or a removable boot. If required, you will also be provided with crutches.
- You may walk on the foot as much as pain allows, and if you have been given a boot should gradually discard it over 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.
- You may initially require pain killers and should try to elevate your foot as much as possible to reduce swelling over the next few days
- If you are still experiencing significant symptoms after several months, please phone the fracture clinic helpline as listed below for further advice.



Should you have any worries or concerns following discharge from hospital, please contact either the:

1) Virtual Fracture Clinic: 0141 314 7244  
(8am - 4pm Monday – Friday)

or

2) Emergency Department: 01475 524166  
(outwith these times)