

**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 until 4pm Monday - Friday)**
- or**
- 2) Minor Injuries Unit: 01389 817530  
(outwith these times)**