

# ANKLE SPRAIN/AVULSION FRACTURE

This information leaflet is designed to provide general information and education on your ankle sprain.

If you are ever unsure about the information or advice you have received please either:

- Ask a staff member
- Visit your local GP – your GP can contact the Orthopaedic Virtual Fracture clinic if required
- Contact 13 HEALTH (13 432584)
- Contact Ipswich Hospital Outpatients Department on 3810 1217

## General Information

- You have sustained a sprain of your ankle.
- This is a very common injury and generally heals very well.
- The pain and tenderness in your ankle should gradually settle as the healing process occurs.
- It is important to follow advice given in person in addition to this information sheet to promote full recovery.

## Management

- Your ankle sprain will be managed in a moonboot.
- You can walk in the moonboot.
- The boot should be worn for **no longer** than 6 weeks. You do not need to wear the boot to bed.
- You should gradually return to full activities after you are out of the moonboot.

## Pain Relief

- Paracetamol and/or ibuprofen are excellent pain relief medications.
- They **must** always be taken as per dosage instructions on the packet or as advised by your pharmacist.
- **Do not** take medications which you may be allergic to or your GP has told you not to take.
- If you have any concerns or questions about your pain relief medications, please contact your local pharmacist, GP or call 13 HEALTH (13 432584).

## Worries/Concerns

If at any point you are concerned, please contact:

- Your local GP
- Phone: 13 HEALTH (13 432584) – Available after hours
- Contact Ipswich Hospital Outpatients Department on 3810 1217