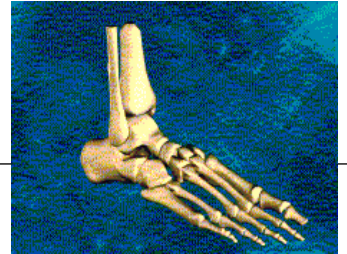


Fractured Ankle

Patient information - Orthopaedic Services

What is a Fractured Ankle?

Your ankle is a moveable joint made up of several bones which include the Talus, Malleolus, Calcaneous and distal Tibia and Fibula. A typical ankle fracture can involve one or more of these bones:



1. Fracture of lateral Malleolus
2. Fracture of medial Malleolus
3. Avulsion fracture of posterior Tibia
4. Bi-Malleolar fracture of the distal Fibula with oblique fracture of the medial Malleolus

How is this treated?

There are different ways in which this type of fracture can be treated. When the fracture is in acceptable alignment it may be placed in a cast and given time to heal. Where the fracture is unable to be treated in this way, an operation may be required to stabilise the bones and secure them in place. This may require the placement of a metal rod and/or screws and this will be decided by your Orthopaedic Surgeon who will discuss this with you prior to any surgery. Where the fracture is more complex it may be necessary to use external metal ware.

A Plaster of Paris cast or backslab may also be applied.

If you are over 65 years of age, you will be visited by our Health Care of the Elderly Team (HCOE) who will review your condition in conjunction with your Medical Team.

What to expect following your surgery

Following your operation you will be encouraged to elevate your leg on a pillow for up to 48 hours, this will help to reduce any swelling that may occur.

During this time your nurse will continue to check your recordings and the circulation in your affected limb at regular intervals. You may experience some dullness or tingling but this will eventually resolve. The nurse will also assess your level of pain and provide analgesia (pain relief) as prescribed by your doctor.

Antibiotics will have been given during your operation and may continue post-operatively as directed by your surgeon.

Instructions will be given as to the amount of weight you can put through your affected limb and these will be implemented by the physiotherapist who will meet with you when mobilisation is to commence.

If you are over 65 years of age, you will be visited by our Health Care of the Elderly (HCOE) team, who will review your medical condition in conjunction with your Orthopaedic team.

Discharge

Prior to your discharge you will be seen by the Physiotherapist and Occupational Therapist who will assess your needs and offer the appropriate assistance.

A Social Worker is available to discuss any concerns you may have.

When you leave you will receive a follow-up appointment, a discharge notice and a prescription/ medication card if required.

If you have further concerns following your discharge, then please contact your General Practitioner.

For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz