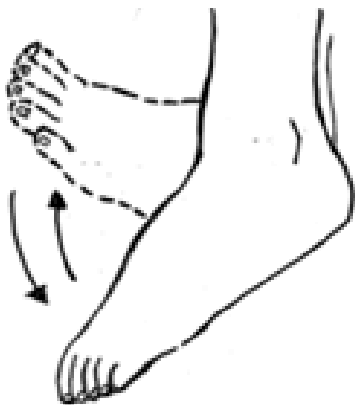



Information Following Discharge from Children's Emergency Department and Cromer Minor Injuries Unit Following an Ankle injury (up to age 12)

This leaflet explains how to manage an ankle injury after you are discharged from the Emergency Department of Minor Injuries Unit.

- 1) Use boot provided when active for **2 weeks**, this can be removed for sleeping, washing and bathing.
- 2) In the third week increase activity out of boot as pain allows and stop using the boot by **3 weeks** from the date of injury.
- 3) Take regular pain relief (paracetamol or ibuprofen) to relieve discomfort.
- 4) Keep ankle elevated to help reduce swelling.
- 5) To prevent your child's ankle getting stiff, encourage your child to regularly mobilise their ankle out of boot by-
 - a) Pointing foot down and pulling toes up
 - b) Make circles with their foot



- 6) Observe for any concerns (called Red Flags ) for which you need to call us
 - a.a) Increased pain and swelling around ankle not settling after one week. Bruising is normal.
 - a.b) Change in feeling / warmth / colour of toes.

- 7) They should avoid doing sports and contact/impact activities (bouncy castles/trampolines/soft play/ physical education (PE) etc.) for **6 weeks** after their injury.
- 8) Be aware that ankle swelling, and some pain can last for 4 -6 weeks especially as more activity is undertaken.

There is no routine follow up planned for this type of injury as we expect your child to recover fully by 6 weeks from the date of injury. If you have any concerns about the Red Flags described above or if your child is not making a good recovery by 4 weeks from the injury, please contact The Children's Orthopaedic Nurse Specialists on 01603 287266

If you get the answer machine please leave your child's name, date of birth, the date you were in the Emergency Department or Minor Injuries Unit and a contact number to call you back. We will aim to reply to your call within 48 hours.

Please note you may be contacted by the Hospital if any x-rays have been reported as a more concerning type of fracture. You must then follow their updated instructions.

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit:

<http://ratenhs.uk/IQu9vx> Or scan QR code:

