



Please call 911 if you think you have a medical emergency.

A n k l e F r a c t u r e T r e a t m e n t

S e l f - C a r e a t H o m e

If you suspect a fracture, you should call your doctor or go to a hospital's emergency department immediately. You can do the following until you can get to a hospital or doctor's office:

- Stay off the injured ankle so you do not injure it further.
- Keep the ankle elevated to help decrease swelling and pain.
- Apply cold packs to the injured area to decrease swelling and pain. Do not apply ice directly. Cold packs are effective for the first 12-24 hours.
- Ibuprofen (Advil, Excedrin, Motrin) is ideal for ankle injuries because it acts as both a pain medicine and a medicine to keep inflammation down.

M e d i c a l T r e a t m e n t

- Doctors usually place a splint on your injured ankle for a few days to 2 weeks until the swelling goes down around the joint. The type of fracture and the stability of your joint will determine the type of splint that will be used.
- If your bones are not aligned properly, the doctor may realign them before placing the splint.
 - If the bones cannot be realigned properly in the emergency department, then you may require an operation.
 - An operation will also be needed if any bone has broken through the skin. If the bone breaks through the skin, the fracture is then called a compound fracture. This is more serious than a simple fracture.
- Some minor ankle fractures do not require a splint or cast. In these cases the fracture will be managed as an ankle sprain.
 - Because these fractures are very small, they heal well with this management.
 - With any injured ankle, however, you should not bear weight until a cast is placed or you are pain free.

- After the swelling decreases and you are reexamined, then an orthopedic doctor or your primary care doctor may place a better-fitting cast on the ankle. Depending on the type of fracture, you may be placed in a walking cast, which can bear some weight, or you may still need a non-weight-bearing cast that will require the use of crutches to help you walk.
- Depending on the degree of pain you are experiencing, your doctor may give you prescription-strength pain medication. These should be used only as needed. You should not drive or operate heavy machinery while using these medications.

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For more information, read the complete article, Ankle Fracture

(<http://www.emedicinehealth.com/script/main/art.asp?articlekey=59169>) on <http://www.emedicinehealth.com>.

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Reviewed by Ann Edmundson, MD on May 24, 2006

Last updated: May 24, 2006

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