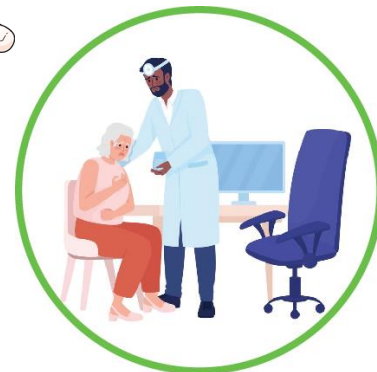
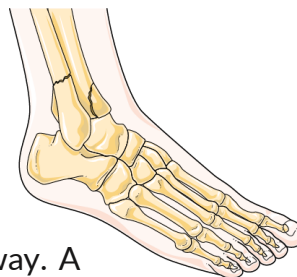


Ankle Fracture

A broken ankle, also called an ankle fracture, is a common injury. It can happen from a misstep, a fall, or from a more serious reason like a car accident. A broken ankle can be very painful and usually needs medical attention right away. A health care provider will check how serious the break is and may treat it with a cast, walking boot, or sometimes surgery. Follow-up visits may also be important to make sure the ankle is healing correctly. Recovery can take several weeks to a few months.



What to Expect

Symptoms of an ankle fracture include:

- Immediate pain
- Swelling and/or bruising
- Pain when walking or when putting weight on ankle
- Abnormal appearance (ankle that looks bent, distorted, rotated, or out of place)



Recommended Follow-Up

☐ Follow up in ___ days.

Name of Provider

Reason

Date/Time

Location

Contact Info

☐ _____
☐ _____



When to Get Help

See a pharmacist, or call 811 (711 for deaf or hard of hearing) if:

- You have questions about your medication
- You need to refill or renew your medication

Go to the nearest Emergency Department, Urgent Care or call 911 if you experience:

- New severe or increased pain that is not controlled by your medication
- Numbness, tingling, or loss of feeling in your foot or toes
- Blue, pale, or cold toes
- Excessive swelling that does not improve with rest, ice, or elevation

The information in this document is intended solely for the person to whom it was given by the health care team. This information does not replace the advice given to you by your health care provider.

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EMERGENCY CARE BC
Provincial Health Services Authority

EmergencyCareBC.ca

- Redness, warmth, pus, or fever

Go to a walk-in clinic, see your health care provider, or call 811 (711 for deaf or hard of hearing):

- In the next 5 days to assess if further treatment is needed
- If you have severe or increased pain that is not controlled

To Learn More:

- HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or visit www.HealthLinkBC.ca to speak to someone who can help you find reliable health information or connect you with a health professional.
- Information about BC's health services: <https://www.healthlinkbc.ca/find-care>



How to Care for Yourself at Home

Medication

Over the counter pain medication such as acetaminophen (Tylenol) or NSAIDS such as ibuprofen (Advil) can be used to relieve the pain of an ankle fracture. If your pain is severe, your doctor may suggest a prescription-strength medication.

Your pharmacist can also help understand how to take the medication properly, manage potential side effects, and avoid interactions with other medications or supplements you may be using.

Diet

A healthy diet is essential, for both decreasing fracture risk and enhancing the healing process after fracture.

Dairy, leafy greens, and fish, in particular vitamin D-rich sources like fatty fish and fortified milk are some suggestions.



Additional Information

Broken Ankle | My Health Alberta:
<https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=uf7317>

Broken Ankle | McGill University Health Centre
[831_en-v-a-guide-to-your-ankle-fracture-repair-surgery.pdf](https://www.mcgill.ca/health-centre/831-en-v-a-guide-to-your-ankle-fracture-repair-surgery.pdf)

First Aid | Canadian Red Cross
<https://www.redcross.ca/blog/2018/2/don-t-break-a-leg-what-to-do-in-the-event-of-sprains-strains-and-fractures>

Activity

Depending on where the ankle is broken, you may be able to put some weight on the affected leg right away or you may need to use crutches for a few weeks.



Follow the appropriate instructions for the use of crutches and keep the ankle cast clean and dry.

For the first few days, apply ice packs or cold compresses for 20-30 minutes as often as you can to reduce swelling and pain. Elevate your ankle, especially while sleeping to minimize swelling.

Avoid strenuous activity that could result in further trauma to the ankle. Gradual return to activity can be resumed with consultation with your health care providers.

Find this information sheet on the ECBC website:

https://emergencycarebc.ca/clinical_resource/patient-information-sheet/ankle-fracture/

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bit.ly/pdsfeedback

