

# Discharge Advice - Ankle and Foot Injuries

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## Ankle and Foot Injuries: Discharge Advice

- You have had a simple soft tissue injury to your ankle and foot. As part of this you may also have had a 'chipped bone'.
- These injuries usually heal fully without any long-term problems.
- The pain, tenderness and swelling you are experiencing should gradually settle over a period of several weeks.
- During this time, you may find walking on the foot painful; it is advisable to keep the foot elevated.
- You may be provided with a support for the foot in the form of bandaging or a removable boot, depending on the type of injury. If required, you will also be provided with crutches.
- You may walk on the foot as much as pain allows. If you have been given a boot this should gradually be discarded over the following 3-5 weeks as the pain settles.
- Most injuries heal without any problems. However it may take several months for your symptoms to settle completely.
- If you are still experiencing significant symptoms after several months, please visit your GP.

If the pain gets worse or lasts more than 3 weeks, or if you are concerned following discharge from hospital, please contact:

Fracture Clinic on: **07391 016314** (Monday to Thursday 9.00am-5.00pm,  
Friday 09.00am-12.30pm, Bank Holidays 9.00am-12.30pm).

The NHS Out of Hours 111 service can also assist you outside of these times.

Adapted from Royal Berkshire Hospital Patient Information

### Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

### Trust Values

#### Courtesy and respect

- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals  
So people feel **welcome**

#### Attentively kind and helpful

- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care  
So people feel **cared for**

#### Responsive communication

- Listen to people & answer their questions
- Keep people clearly informed
- Involve people  
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve  
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240