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 have a good track record for full healing without problems, simply with time.

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, and if you have been given a boot should gradually discard it over 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 phone the fracture clinic helpline as listed below for further advice.

Should you have any worries or concerns following discharge from hospital, please contact either the
1) Fracture Clinic Helpline: 0141 201 6416 (9.00am until 4.00pm, Monday to Friday)
2) Emergency Department: 01414 211 4344 (outwith these times)