

## OS10lite Ankle Fracture Surgery

Expires end of December 2019

A more detailed version of this procedure specific information sheet is available. Please ask your health practitioner at Joondalup Health Campus for a copy.

**Write questions or notes here:**

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This document will give you information about ankle fracture surgery. If you have any questions, you should ask your GP or other relevant health professional.

### What is an ankle fracture?

An ankle fracture is a break of one of or both your ankle bones.

An ankle fracture is usually caused by a twisting injury to your ankle, resulting from sports or a simple fall or trip. There may be a break of the bone on the outer side of your ankle (fibula), the inner side (tibia), or both sides (see figure 1). There may also be damage to your ankle ligaments.

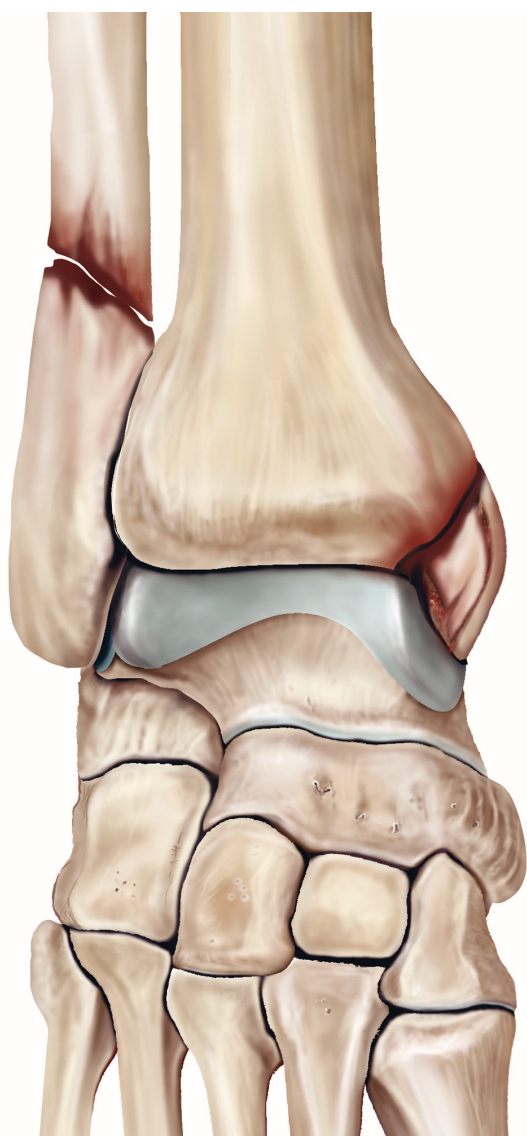


Figure 1  
Fractures of both ankle bones

### What are the benefits of surgery?

Your bones should heal in a good position. If the bones heal in an incorrect position, you are more likely to get problems with your ankle in the future.

### Are there any alternatives to surgery?

If your ankle bones are in a good position, it may be possible to treat the fracture using a plaster cast.

### What does the operation involve?

Various anaesthetic techniques are possible. The operation usually takes 30 minutes to an hour.

Your surgeon will make one or more cuts to expose the broken bones. They will usually fix the fractures using screws and a plate.

### What complications can happen?

#### 1 General complications

- Pain
- Infection of the surgical site (wound)
- Unsightly scarring
- Blood clots
- Difficulty passing urine

#### 2 Specific complications

- Damage to nerves
- Severe pain, stiffness and loss of use of your foot and ankle (complex regional pain syndrome)
- Loosening or breaking of the plate and screws
- Infection in the bone
- Delayed union

### How soon will I recover?

You should be able to go home after one to three days.

Spend most of the time during the first two weeks with your leg raised so that the swelling settles. Your ankle may be kept in a plaster cast until the bones have healed, which usually takes about six weeks.

It can take several months before you are able to return to all your normal activities.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

Most people make a good recovery and get back good function. However, your ankle may never be as strong as it was before the injury.

### **Summary**

For some types of ankle fracture, an operation is the best way to make sure your ankle bones heal in a good position.

### **Acknowledgements**

Author: Mr Stephen Milner DM FRCS (Tr. & Orth.)

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