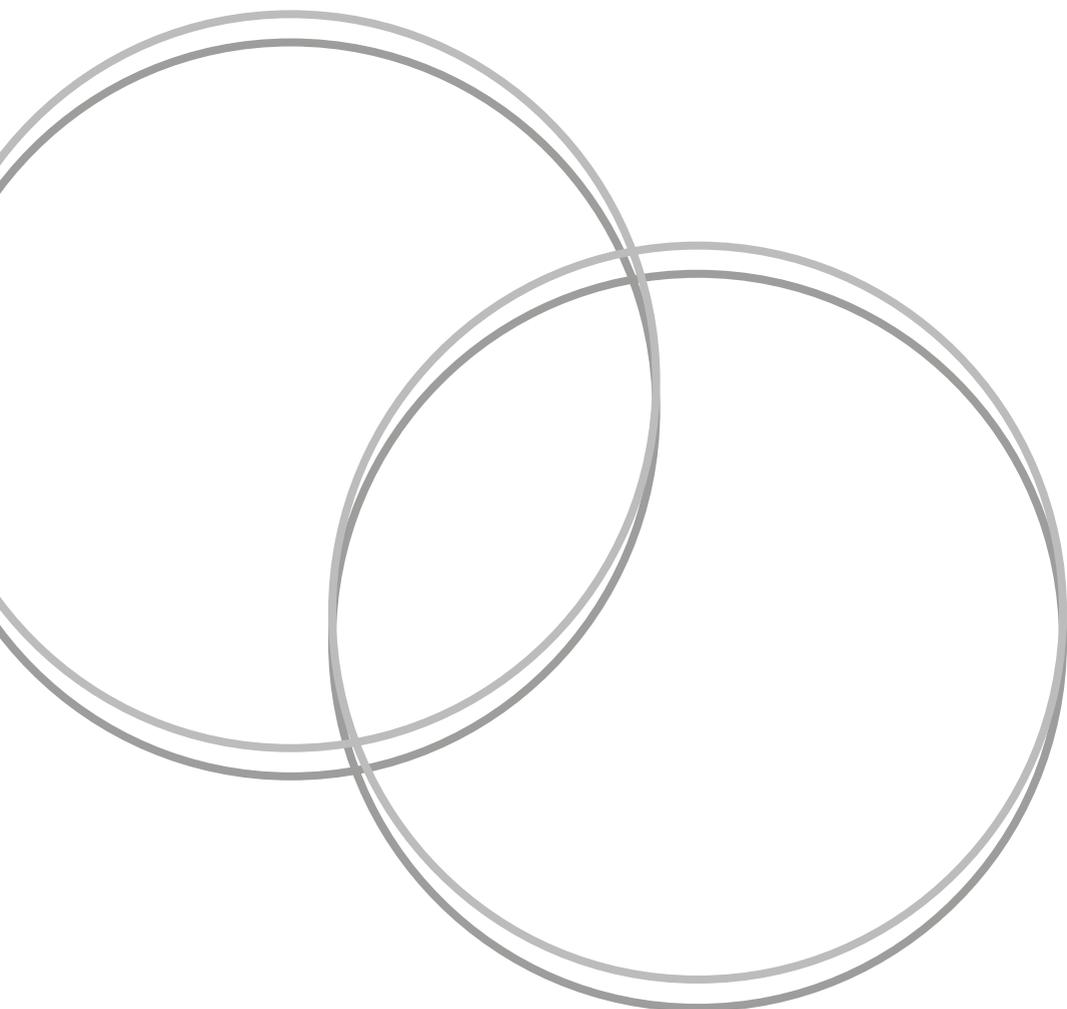




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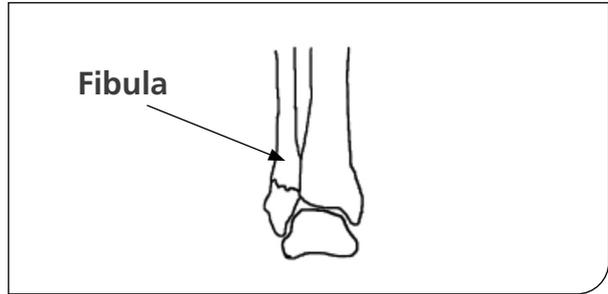
Weber B Ankle Fracture

Information for patients



What is a Weber B ankle fracture?

This is a fracture (break) to the bone on the outside edge of your ankle (the fibula).



Management of your injury

You will be treated in a walking boot and will be allowed walk in the boot as pain allows.

The boot protects your ankle and will make you more comfortable. Wear the boot when you are standing and walking. You can take it off at night and at rest.

Crutches will be given to support your walking.

The injury can take 6 to 8 weeks to heal although swelling and pain may occur for up to 6 months after the injury.

An appointment will be made for you to be assessed in trauma clinic 10 to 14 days following your injury. At this appointment X-rays will be taken of you standing on your ankle without the boot to check how stable the fracture is. If the fracture is found to be unstable when standing, the trauma team in clinic will discuss what needs to happen next.

Pain relief

It is advisable to take regular pain killers to keep pain levels under control.

You can take over the counter pain killers such as paracetamol, or if this is not strong enough discuss with your local pharmacist about other over the counter pain killers such as those containing codeine. Please tell the pharmacist if you are taking other medication.

All pain relief should be taken as per packet instructions.

Rest

In the first two weeks following the injury it is important to try to limit the amount of time you are standing and putting weight through the ankle. This will allow the swelling and inflammation to settle.

We also advise that you take your foot out of the boot and do gentle exercises as pain allows. This will prevent your ankle becoming stiff.

You cannot drive whilst wearing the walking boot. The doctors in trauma clinic will advise you when you can return to driving.

Cooling

In the first 3 days of the injury cooling ice packs can be applied to the swollen ankle. Apply the ice pack (covered in a cloth) to the area for 20 minutes every 2 hours in the daytime. This will reduce the inflammation and reduce pain. Do not apply ice or ice packs directly on to the skin.

Elevation

When resting elevate the ankle to reduce swelling and pain. This can be done by lying down and placing your lower leg and ankle on high pillow.

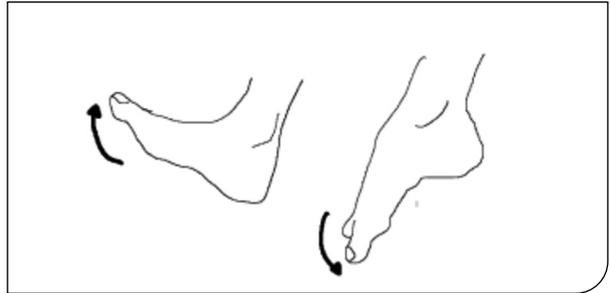
Swelling may be worse at the end of the day.

Exercises

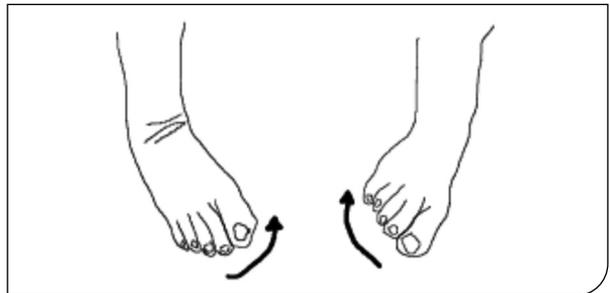
It is important to gently move the ankle to prevent stiffness in the joint. You will not make things worse by moving it. However, avoid physical exercise or contact sports as this may put you at risk of further injury. You can ask the trauma team in the clinic when you can restart sports etc.

You are advised to do the following exercise:

Bringing your foot up towards your body and then pointing your toes to the ground.



Turning your foot inwards and then to the outside of the ankle (these are much smaller movements).



If you feel pain in the ankle when doing the exercises, you should stop. Over time the amount you can move your ankle without pain will improve.

Stopping smoking

Research suggests that smoking slows down fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

Blood clots

Some patients may be considered at risk of developing blood clots when in a cast or boot and not walking as normal.

If your clinician decides you are at risk, you may be started on a daily injection to help thin your blood. You will be taught how to give yourself the injections. When you attend your trauma clinic appointment they will decide if you need to continue with the injections.

Useful telephone numbers:

New Patient (Fracture) Clinic at:

John Radcliffe Hospital, Oxford

Monday to Friday, 9.00am to 5.00pm

Saturday and Sunday, 9.00am to 11.00am

Telephone: **01865 220 217**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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