

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

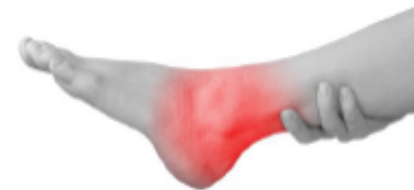
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## INFORMATION FOR PATIENTS

### Discharge advice

## Ankle sprains and avulsion fractures in children



Healthier Communities,  
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### What is an ankle sprain?

A soft tissue injury to the ankle is more commonly known as an ankle sprain. This means the ligaments and / or tendons in your child's foot have been stretched and bruised. Your child's ankle and foot may look very swollen, and they may have some bruising going up the ankle and down to their toes

### What is an avulsion fracture?

Sometimes a small piece / flake of bone may be pulled off where the ligament attaches to the bone. These are minor fractures and will not need a plaster cast. Your child may be given a special boot to wear for up to six weeks.



Avulsion fractures are treated in the same way as a sprain. These fractures may take several weeks to heal, but sometimes your child may have some pain and swelling for three to six months. Swelling and bruising at the injury/fracture site is normal.

Simple over the counter pain relief, such as Calpol and Nurofen should be given (if tolerated). Resting with the foot raised on a pillow to drain the swelling away from the foot and applying ice to the ankle will help to reduce swelling and pain. The ice should be wrapped in a damp cloth and applied to the swollen area for 20 minutes, three to four times a day.

### You should:

- Give your child pain relief as needed to help keep pain levels under control.
- Use ice and raise their ankle up on a pillow to bring the swelling down.
- Encourage them to wear the special boot as recommended. This can be removed at night for sleeping, having a bath or if they are sitting down with their foot raised up.
- Encourage your child to walk in the special boot as their pain allows them.
- Encourage your child to wiggle their toes and make circles with their foot to help stop the ankle from getting stiff.

### Your child should not:

- Take part in any sports which may hurt their ankle more. The nurse in the clinic will tell you when they can start sports again.

### Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

**If there are any issues or you have any concerns/questions, we advise you seek help.**

Call the fracture liaison nurses on 01623 622515, extension 4114 between 8am and 4pm, Monday to Friday.

**Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.**