

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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 or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Discharge advice

Weber A and Weber B ankle fractures



What is a Weber A/B fracture?

You have sustained a small break (fracture) of the ankle. A Weber A/Weber B fracture is a simple fracture to the bottom part of the fibula, on the outer bony prominence. Fortunately, your fracture is minor and does not require an operation or plaster cast to treat it successfully.

The treatment for these types of fractures is supportive footwear usually a walking boot, which you will be expected to wear for six weeks. Crutches can be given for support if needed, however, it is important that some weight is put through the boot in order to strengthen the ligaments.



Swelling and bruising at the fracture site is normal. Regular pain killers and applying ice, wrapped in a tea towel, to the area will help to reduce swelling and pain. Ice should be applied for 20 minutes three to four times a day.

You should:

- Take pain killers as needed to keep pain levels under control.
- Use ice and elevation to bring swelling down.
- Wear supportive footwear in the time frame recommended, this can be removed at night and resting.
- Bear weight as the pain allows in the walking boot.
- Gently start to move ankle as pain allows to prevent stiffness.

You should not:

- Take part in any physical/contact sports which may put you at risk at further injury. The time frame for this will be outlined at the point of assessment.
- Drive whilst wearing the walking boot as you will void your insurance should you have an accident.

Follow-up

Whether your injury is followed up in clinic will be determined by the practitioner or doctor assessing you.

Problems and further advice

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

If you develop any issues or have concerns/questions we advise you seek help.

Call the fracture liaison nurses on 01623 622515, extension 4114 or 6807, between 8am and 4pm, Monday to Friday.

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