



**CENTRAL GENERAL HOSPITAL**

1234 John Doe Blvd, Sometown, ST 55555 Phone:(111) 222-3333

Age: 26y	Race: Caucasian	Room:
Name: Doe Jane	DOB: 12/31/1981	Sex: F
Acct.#	MR #	

**DISCHARGE INSTRUCTIONS SHEET**

**ANKLE INJURIES**

The ankle is often injured. Sprains are caused by an injury to ligaments (leathery bands that hold bones together at a joint). Sprains may be severe and cause swelling and pain.

Sprains are treated by limiting movement. This can be done with elastic bandages (such as ACE bandages), splints or casts. This prevents further injury to the ankle. Severe ankle injuries may require surgery.

1. If a splint has been applied, keep the splint dry.
2. Do not put weight on the ankle for 48 hours.
3. Elevate your leg.
4. Apply ice. Ice may be applied directly to a splint if the ice is in a plastic bag so the splint will remain dry. Apply the ice for approximately 15 - 20 minutes every hour for the first 24 - 48 hours.
5. After the first 48 hours, if pain is still present, you may now use heat. I you apply heat too early it will increase swelling.
6. You may take aspirin or Advil to help reduce pain and swelling (if there are no known allergies to these medications).

It may take 2 - 3 weeks until you are able to get back to your full activity. With minor sprains you will be able to return to normal activity sooner than this.

Remember that pain tells you that your ankle is not yet ready for the activity you are trying to do.

Return to the Emergency Department or contact your physician if you experience:

1. Weakness or numbness
2. Increased pain

