

An X-ray of your ankle; what happens next?

You have been referred to the Radiology department. An X-ray image will be made to see if you have a fracture.

If you have a fracture

If the X-ray shows you have a fracture, you will be sent to the emergency room for treatment. You can report at the reception desk. The receptionist will tell you what will happen next.

If you don't have a fracture

If the X-ray doesn't show a fracture, it means your ankle is merely sprained. No further treatment will be necessary. You are free to go home.

The physician will examine your X-ray again the next day. They will give you a call if necessary.

Self-care:

- Keep your ankle cool. Use an ice pack or something else from your freezer. Wrap this in a washcloth or tea towel and place it on your ankle for 10 minutes. Do this several times a day for two days.
- Avoid using your ankle. Keep your foot elevated. It is important to raise your foot up higher than your knee and your knee higher than your buttocks. You can raise your mattress by placing a pillow underneath it.
- Regularly change your posture.
- If you'd like, you can apply a pressure bandage around your ankle. You can buy this at your local pharmacy or chemist's. You may leave the bandage on for three to five days. Scan the QR code (at the bottom right of this page) for an instructional video.
- Move your ankle carefully. You can do this while sitting down or standing up. You will know how much you can move your ankle based on the pain you feel. Stop moving if it hurts too much.
- You can use crutches if you'd like. Use the crutches for support while you move around using a normal walking motion. You can rent crutches via the home care shop.

Pain medication (adults):

- You can take paracetamol for the pain: two 500-mg tablets of paracetamol 3 to 4 times a day.
- If paracetamol is not enough to relieve your pain, you can also take ibuprofen: one 400-mg tablet 3 times a day. Note: only take ibuprofen if you are sure you can do so safely. If in doubt, consult your physician or pharmacist.

Pain medication (children):

- You can give your child paracetamol: check the packaging for the recommended dose.
- If paracetamol is not enough to relieve your child's pain, you can also give them liquid Nurofen. Check the packaging for the recommended dose.
- Children aged 12 or over may also take ibuprofen: check the packaging for the recommended dose.

Contact your own general practitioner if:

- the above recommendations are not effective
- your complaints persist for more than 5-7 days
- you are worried
- you have any questions

