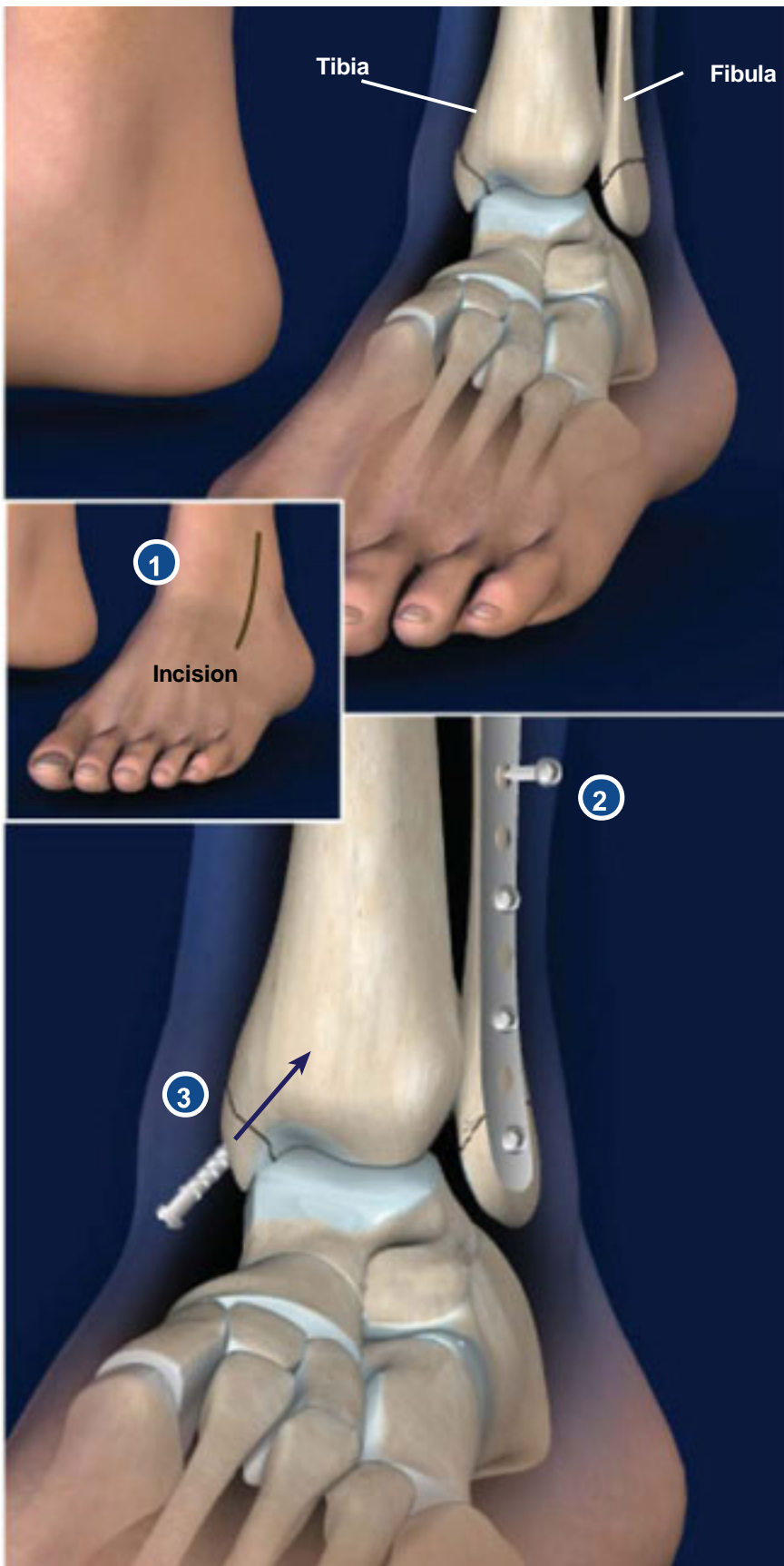


Ankle Fracture Surgery



Overview

This surgical procedure is used to correct a fracture of the fibula or tibia in the ankle joint. The procedure involves attachment of a fixation plate made of stainless steel or titanium to the fibula and use of screws or fixation plate on the tibia to stabilize the bones and allow healing.

Preparation

The patient is positioned so that the ankle is clearly visible to the surgeon. An IV and anesthesia is administered. The area is cleaned and sterilized.

Accessing the Ankle

If the fibula is fractured, an incision is made on the outer side of the ankle to allow the physician access to the fibula. Any small bone fragments resulting from the fracture are removed.

Repairing the Fibula

A fixation plate is inserted into the ankle joint and positioned over the fibula. Surgical screws are inserted to hold the fixation plate in place.

Repairing the Tibia

If the tibia is fractured, an incision is made on the inner side of the ankle to allow the physician access to the bone. Any small bone fragments resulting from the fracture are removed.

Inserting the Screws

One or more surgical screws are inserted into the bone. If the fracture is severe, a fixation plate may also be needed.

End of Procedure and After Care

The incision is closed with sutures or surgical staples. The ankle is bandaged and placed in a splint. Eventually, patients will be required to wear a cast or boot. Patients should avoid putting weight on the foot for 3 to 10 weeks after the surgery. Physical therapy may be needed before the patient can return to normal activities.