

MATTHEW S. COHEN, MD FAAP
PATIENT INSTRUCTION SHEET

ANKLE SPRAINS

Your child has a sprained ankle. This means that, although no bones are broken, he/she has torn some of the ligaments (stretching fibers) in the ankle.

Your child has been given a dressing (usually a Jones wrap) or splint which will help reduce swelling and protect the ankle from further injury.

YOUR CHILD SHOULD:

1. Elevate the foot with pillows
2. Attempt to walk as little as possible
3. Apply ice packs for 20 minutes every 2 hours the first 24-48 hours to help reduce swelling. (Do not get the dressing or splint wet.)
4. The dressing should remain in place for _____ days.

RETURN TO THE DOCTOR'S OFFICE IF:

1. The toes of the injured ankle have increased swelling.
2. The toes on the injured foot have no feeling or become pale, blue, or cold.
3. Your child cannot move his/her toes.
4. Your child is experiencing numbness or tingling of the toes.

For pain you may give your child:

α Motrin _____ every 6 hours

OR

α Tylenol _____ every 4 hours

Special Instructions: _____

If you have any questions, please call.