

A compression bandage on the ankle

H+
MC

Your ankle has been bound with a compression bandage. In this leaflet you will find advice that will help your recovery.

Advice

- In order to prevent more swelling around the ankle, you must not remove the compression bandage until your next appointment in the Outpatients' Department.
- The bandage must not get wet. You can cover the bandaged ankle with a plastic bag whilst you take a shower. However, it would be preferable to get a specially-designed plastic cover obtainable from the chemist (apothek). You can also order this cover direct from a firm called Lomed (see list).
- You should keep your ankle in a raised position both day and night. This helps to reduce the swelling and the pain. Keeping the ankle raised means that the ankle and the lower leg should be higher than the hip. You can do this by, for example, putting two cushions/ pillows under your leg and, when you are in bed, putting these under the mattress.
- For the first few days, in order to speed up the recovery of the ankle-ligaments function, you must totally rest these ligaments. You must not put any weight on the ankle so you must neither stand nor walk. We do, however, advise you to move the ankle: pull it towards and push it away from you several times a day.
- When you are allowed to walk again, you should use crutches. These can be borrowed from the Accident and Emergency Department (Spoedeisende Hulp). Crutches can also be rented free from your local "Thuiszorgwinkel" (see list).
- At your first follow-up appointment in the Outpatients' Department, your ankle will probably be taped with a plastic bandage that gives support to the ankle ligaments. You will now be permitted to put weight on your ankle but we advise you that you should not yet take part in any sport.
- We suggest you bring a comfortable pair of lace-up shoes with you at your next visit to the Plaster-Room (gipskamer).

Crutches

When you get your crutches, you should let your arms hang down slightly bent so that the crutches can be adjusted for the hand to give the necessary support.

Conclusion

If, having read this, you have any questions, please do not hesitate to contact the Plaster-Room. Telephone Number: 088 979 81 30.

Vegro Florence Thuiszorgwinkel

For information, telephone free number: 088 288 77 66

Adresses:

The Hague

Betje Wolffstraat 140/146

Voorburg

Koningin Julianalaan 40

Rijswijk

Steenvoordelaan 388

Wassenaar

Kloosterland 16

Lomed (www.lomed.nl)

You can order by telephone, fax or e-mail:

tel.: 073 - 641 74 64 fax: 073 - 642 76 24

e-mail: info@lomed.com

HMC Antoniushove

Burg. Banninglaan 1
2262 BA Leidschendam
Postbus 432
2501 CK Den Haag

HMC Bronovo

Bronovolaan 5
2597 AX Den Haag
Postbus 432
2501 CK Den Haag

HMC Westeinde

Lijnbaan 32
2512 VA Den Haag
Postbus 432
2501 CK Den Haag

088 97 97 900
www.haaglandenmc.nl