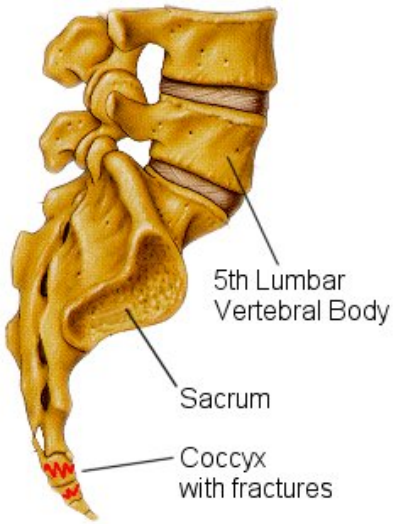
Tailbone Injury
(Coccyx Injury)

You have been diagnosed by a caregiver as having injured your tailbone (*coccyx*). The coccyx is the small bone at the lower end of the spine. The pain you are having is due to stretched ligaments, bruising, or a *fracture* (break in bone) of the tailbone. These will gradually feel better in 4 to 6 weeks.



HOME CARE INSTRUCTIONS

- Apply ice to the sore area for 20 minutes each hour while awake for the first 1 to 2 days. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
- Sitting on a large rubber or inflated ring (donut) or cushion may ease the pain.
- Increase your activity as the pain allows.
- Take medications as directed by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Stool softeners may be used if it is painful to have a bowel movement.

SEEK MEDICAL ATTENTION IF:

- Your pain becomes worse.
- Bowel movements cause a great deal of discomfort.
- You are unable to have a bowel movement.

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