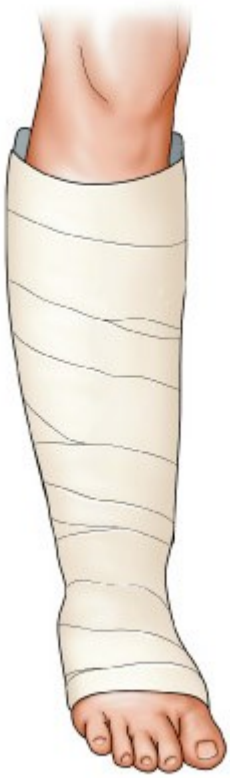
# Fractured Lower Extremity

Broken bones take many weeks to heal and require elevation, protection, and proper follow-up. **The broken ends must be lined up correctly and kept in proper position for healing. Do not remove the splint, immobilizer, or cast that has been applied to treat your injury until instructed to do so.** This is one of the most important aspects of your treatment. Other measures to treat lower extremity fractures include:



- Keeping the injured limb at rest and elevated for the next 3-4 days to help reduce pain and swelling.
- Ice packs can be applied to your fracture site for 20-30 minutes every 3-4 hours for the first few days.
- Putting weight on a fracture can result in deformity. Use crutches and do not bear weight on your injured leg until your caregiver approves.
- Pain medicine is often prescribed in the first days after a fracture. Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Proper follow-up care is very important, so call your caregiver for an appointment as instructed.
- Follow up x-rays are generally required to document healing of the fracture.

## SEEK IMMEDIATE MEDICAL CARE IF:

- You notice increasing pain or pressure in the injured limb, or if it becomes cold, numb, or pale.

## MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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