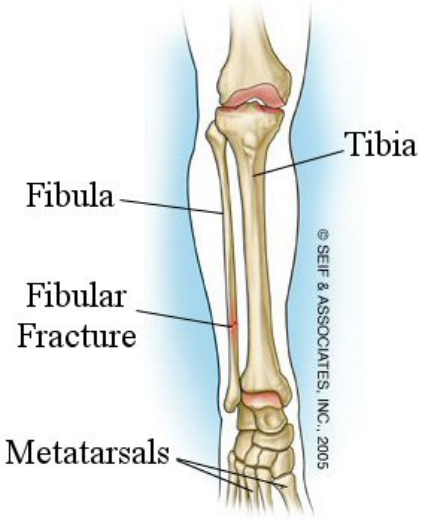
Fibular Fracture, Undisplaced, (Adult, Ankle)
Treated With Immobilization

You have a break (*fracture*) of your fibula at the end of this bone which makes up part of your ankle. This is the bone in your lower leg located on the outside of the leg and it makes up the bump you feel on the outside of your ankle. These fractures are easily diagnosed with x-rays.



TREATMENT

You have a **simple fracture** (this means it is in good position and the bones are not displaced) of the part of the fibula that is located at the ankle. This usually will heal without disability and can often be treated with only casting or splinting depending on the nature of the break.

HOME CARE INSTRUCTIONS

- Apply ice to the injury for 15 to 20 minutes, four times per day while awake, for 2 days. Put the ice in a plastic bag and place a thin towel between the bag of ice and your leg. This helps keep swelling down.
- Use crutches as directed. Resume walking without crutches as directed by your caregiver or when comfortable doing so.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Keep appointments for follow up X-rays if these are required.
- If you have a removable splint or boot, do not remove the boot unless directed by your caregiver.
- **Warning:** Do not drive a car or operate a motor vehicle until your caregiver specifically tells you it is safe to do so.

SEEK IMMEDIATE MEDICAL ATTENTION IF:

- Your cast gets damaged or breaks.
- You have continued severe pain or more swelling than you did before the cast was put on, or the pain is not controlled with medications.
- Your skin or nails below the injury turn blue or grey, or feel cold or numb.
- There is a bad smell, or new stains and/or pus like (*purulent*) drainage coming from under the cast.
- You develop severe pain in ankle or foot.

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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