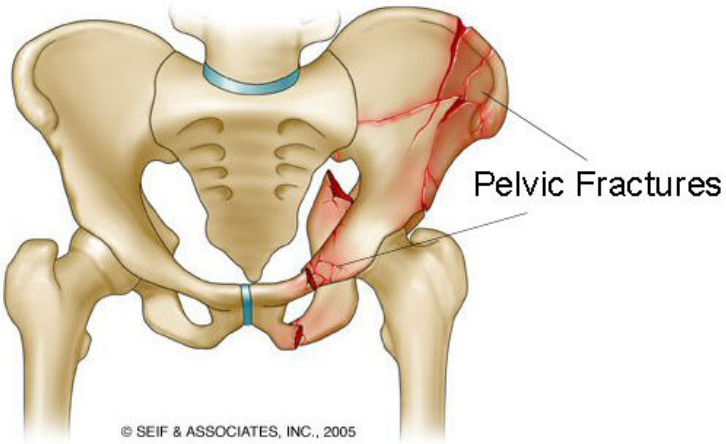
Pelvic Fracture, Adult

You have a *fracture* (this means there is a break in the bones) of the pelvis. The pelvis is the ring of bones that make up your hipbones. These are the bones you sit on and the lower part of the spine. It is like a boney ring where your legs attach and which supports your upper body. You have an un-displaced fracture. This means the bones are in good position. The pelvic fracture you have is a simple (*uncomplicated*) fracture.



DIAGNOSIS

X-rays usually diagnose these fractures.

TREATMENT

The goals of treating pelvic fractures are to get the bones to heal in a good position. The patient should return to normal activities as soon as possible. Such fractures are often treated with normal bed rest and conservative measures.

HOME CARE INSTRUCTIONS

- Your caregiver will let you know how long you should be at bed rest. Following this, you may do usual activities. Avoid strenuous activities for 6 weeks or as directed.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Bed-rest may also be used for discomfort.
- Resume your activities when you are able.
- If you develop increased pain or discomfort not relieved with medications, contact 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 CARE IF:

- You feel light-headed or faint, develop chest pain or shortness of breath.
- An unexplained oral temperature above 102° F (38.9° C) develops, or as your caregiver suggests.
- You develop blood in the urine or in the stools.
- There is difficulty urinating, and or having a bowel movement, or pain with these efforts.
- There is a difficulty or increased pain with walking.
- There is swelling in one or both legs that is not normal.

Document Released: 04/07/2004 Document Re-Released: 09/26/2009
ExitCare® Patient Information ©2011 ExitCare, LLC.