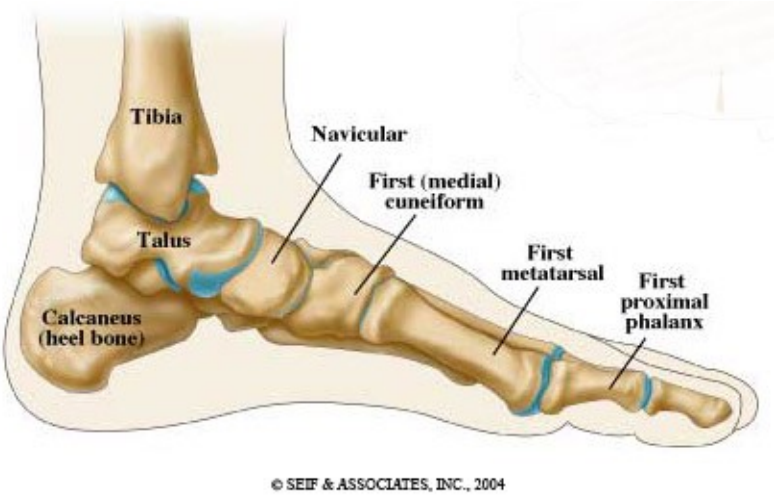
Cuneiform Fracture (Simple)

Cuneiform Fracture (simple) is a break *(fracture)* of one of your cuneiform bones. This is one of the bones located in the middle of your foot. When fractures are small and not out of place, they may be treated *conservatively*. This means that only a cast is needed for treatment. At first, no walking may be allowed, but following a period of time, your caregiver may allow you to have a walking cast.



DIAGNOSIS

The diagnosis of a fractured cuneiform is made by X-ray. X-rays may be required before **and** after the injury is put into a splint or cast.

HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort or fever as directed by your caregiver.
- If you have a splint held on with an elastic wrap and your foot or toes become numb or cold and blue, loosen the wrap and reapply more loosely. See your caregiver if there is no relief.
- Use your injured foot as directed. Do not drive a vehicle until your caregiver specifically tells you it is safe to do so.
- **WARNING:** See your caregiver as directed. It is important to keep all follow-up appointments in order to provide the best opportunity for healing and to avoid disability and chronic pain.

SEEK IMMEDIATE MEDICAL CARE IF:

- There is swelling or increasing pain in foot.
- You begin to lose feeling in your foot or toes, or develop swelling of the foot or toes.
- The foot or toes on the injured side are blue or cold.
- You develop pain, which is not controlled by the medications.

MAKE SURE YOU:

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

Document Released: 09/09/2003 Document Re-Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.