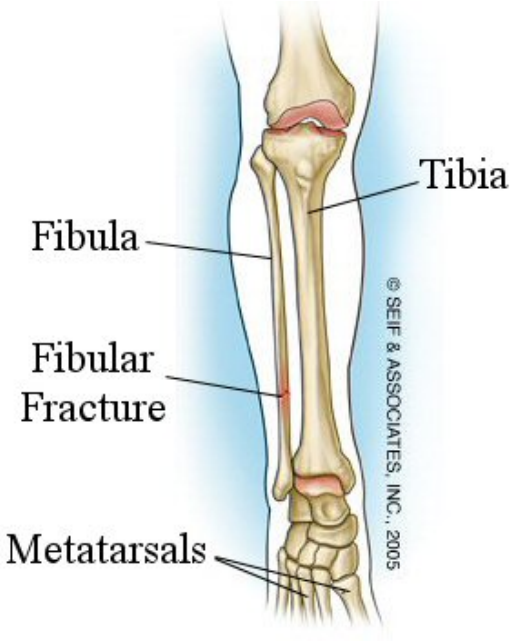
Fibular Shaft Fracture, Undisplaced (Child)
Treated With or Without Immobilization

A fibular shaft fracture is a break (*fracture*) of the fibula. This is the bone in the lower leg located on the outside of the leg. This is a **simple fracture** of the part of the fibula that is located between the knee and the ankle. These fractures are easily diagnosed with X-rays.



TREATMENT
This bone usually will heal without problems and can often be treated without casting or splinting. This means the fracture will heal well during normal use and daily activities without being held in place. Sometimes a cast or splint is placed on these fractures if it is needed for comfort or if the bones are badly out of place.

HOME CARE INSTRUCTIONS
- Apply ice to the injury for 15 to 20 minutes, 4 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.
- If crutches were given, use as directed. Resume walking without crutches, as directed by your caregiver.
- 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.
- Have your child wiggle their toes often.
- If a splint and ace bandage were put on, loosen the ace bandage if the toes become numb or pale or blue.

SEEK MEDICAL CARE IF:
- There is continued severe pain or more swelling.
- The medications do not control the pain.
- Your child's skin or nails below the injury turn blue or grey or feel cold or your child complains of numbness.
- Your child develops severe pain in the leg 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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