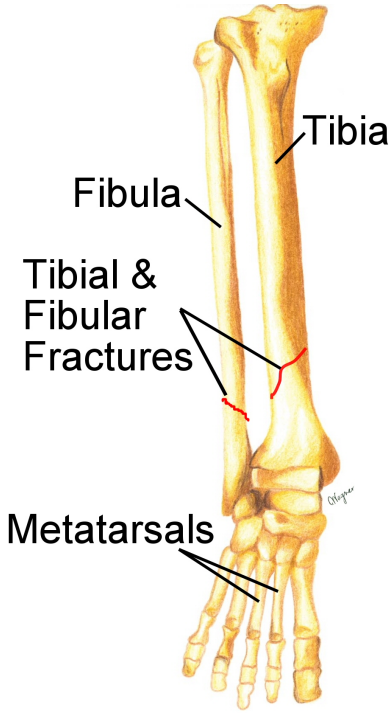
# Tibial & Fibular Fracture (Adult)

You have a *fracture* (break in bone) of your tibia and fibula. The tibia is the large "shin" bone in your lower leg. It is the main bone for supporting your weight. The fibula is the bone on the outer side of your leg that makes up the bump on the outside of your ankle. These fractures are diagnosed with x-rays.




## TREATMENT

You have a simple fracture which usually will heal with minimal disability. It can be treated with simple immobilization. This means the bones can be held with a cast or splint in a favorable position until your caregiver feels it is stable enough (healed well enough) to allow weight bearing. Then you can begin range of motion exercises to regain your knee motion.

## 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 cast.
- If you have a plaster or fiberglass ***cast*:**
  - Do not try to scratch the skin under the cast using sharp or pointed objects.
  - Check the skin around the cast every day. You may put lotion on any red or sore areas.
  - Keep your cast dry and clean.
- If you have a plaster ***splint***:
  - Wear the splint as directed.
  - You may loosen the elastic around the splint if your toes become numb, tingle, or turn cold or blue.
- Do not put pressure on any part of your cast or splint until it is fully hardened, because it may deform.
- Your cast or splint can be protected during bathing with a plastic bag. Do not lower the cast or splint into water.
- Use crutches as directed.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Follow all instructions given to you by your caregiver, make and keep follow up appointments, and use crutches as directed.
- See your caregiver as directed. It is very important to keep all follow-up referrals and appointments in order to avoid any long-term problems with your leg and ankle including chronic pain, inability to move the ankle normally, failure of the fracture to heal and permanent disability.

## SEEK IMMEDIATE MEDICAL ATTENTION IF:

- Pain is becoming worse rather than better, or if pain is uncontrolled with medications.
- You have increased swelling or redness in the foot.
- You begin to lose feeling in your foot or toes.
- You develop a cold or blue foot or toes on the injured side.
- You develop severe pain in your injured leg, especially if the pain is increased with movement of your toes.

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