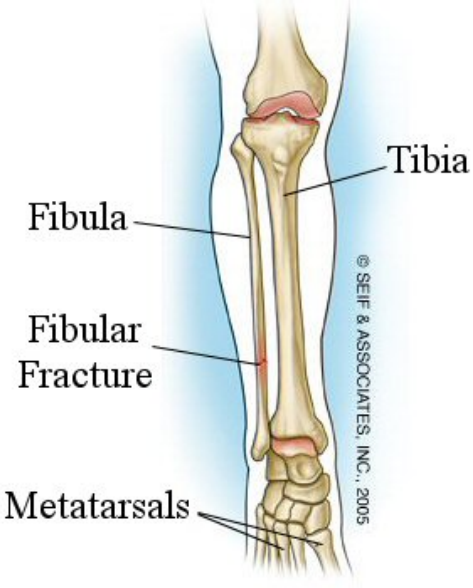
# Fibular Fracture (Adult),
## Treated without Immobilization

You have a *fracture* (break) of your fibula. This is the bone in your lower leg located on the outside of the leg. These fractures are easily diagnosed with x-rays.




### TREATMENT

You have a **simple fracture** of the part of the fibula which is located between the knee and ankle. 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, 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.
- Your caregiver may tell you to take off your removable cam boot.
- Keep appointments for follow up X-rays if these are required.
- **Warning:** Do not drive a car or operate a motor vehicle until your caregiver specifically tells you it is safe to do so.

### SEEK MEDICAL CARE IF:

- You have continued severe pain or more swelling.
- The medications do not control the pain.
- Your skin or nails below the injury turn blue or grey or feel cold or numb.
- You develop 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.

Document Released: 01/06/2009 Document Re-Released: 11/30/2009
ExitCare® Patient Information ©2011 ExitCare, LLC.