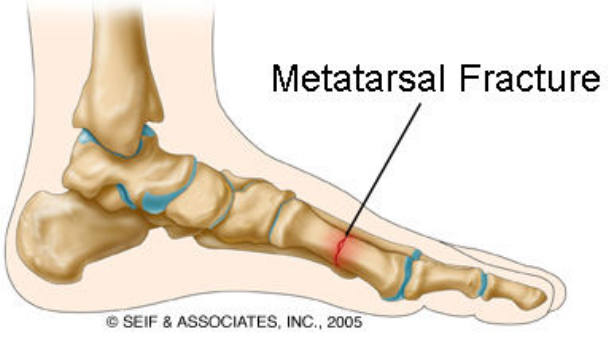
Foot Fracture

Your caregiver has diagnosed you as having a foot fracture (broken bone). Your foot has many bones. You have a fracture, or break, in one of these bones. In some cases, your doctor may put on a splint or removable fracture boot until the swelling in your foot has lessened. A cast may or may not be required.



HOME CARE INSTRUCTIONS

If you do **not** have a *cast or splint*:

- You may bear weight on your injured foot as tolerated or advised.
- Do not put any weight on your injured foot until advised by your caregiver. Slowly increase the amount of time you walk on the foot as the pain and swelling allows or as advised.
- Use crutches until you can bear weight without pain. A *gradual increase* in weight bearing may help.
- Apply ice to the injury for 15 to 20 minutes each hour while awake for the first 2 days. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
- If an *ace bandage* (stretchy, elastic wrapping bandage) was applied, you may re-wrap it if ankle is more painful or your toes become cold and swollen.

If you have a **cast** or **splint**:

- Use your crutches as directed.
- To lessen the swelling, keep the injured foot on pillows while lying down or sitting. Elevate your foot above your heart.
- Apply ice to the injury for 15 to 20 minutes each hour while awake for the first 2 days. Put the ice in a plastic bag and place a thin towel between the bag of ice and your cast.
- Plaster or Fiberglass **Cast**:
  - Do not try to scratch the skin under the cast using a sharp or pointed object down the cast.
  - Check the skin around the cast every day. You may put lotion on any red or sore areas.
  - Keep your cast clean and dry.
- Plaster **splint**:
  - Wear the splint until you are seen for a follow-up examination.
  - You may loosen the elastic around the splint if your toes become numb, tingle, or turn blue or cold. Do not rest it on anything harder than a pillow in the first 24 hours.
- Do not put pressure on any part of your splint. Use your crutches as directed.
- Keep your splint dry. It can be protected during bathing with a plastic bag. Do not lower the splint into water.
- If you have a fracture boot you may remove it to shower. Bear weight only as instructed by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your cast gets damaged or breaks.
- You have continued severe pain or more swelling than you did before the cast was put on.
- Your skin or nails of your casted foot turn blue, gray, feel cold or numb.
- There is a bad smell from your cast.
- There is severe pain with movement of your toes.
- There are new stains and/or drainage coming from under the cast.

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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