Fibular Fracture, Ankle, Undisplaced, Treated with Immobilization

You have a break (fracture) of your fibula at the end of this bone which makes up part of your ankle. This bone is located on the outside of your lower leg and makes up the bump you feel on the outside of your ankle. This fracture is easily diagnosed with x-rays.

TREATMENT

You have a simple fracture (which means it is in good position and the bones are not displaced) in the part of the fibula that is located at the ankle. This will usually heal without disability and can be treated with only casting or splinting depending on the nature of the break.

HOME CARE

* Apply ice to the injury for 15 - 20 minutes, 3 to 4 times per day for the first 2 days. Place the ice in a plastic bag, place a thin towel between the bag of ice and your leg. This will help keep your swelling down.

  * Use crutches as directed. Resume walking without crutches as directed by your physician or when you are comfortable doing so.

  * Only take over-the-counter or prescription medications for pain, discomfort, or fever as directed by your physician.

  * Schedule follow up appointments with x-rays which are an important part of your recovery.

  * If you have a removable splint/boot, do not remove this unless directed by your physician.

  * Do not drive a car or operate a motor vehicle until your physician specifically tells you it is safe to do so.

SEEK IMMEDIATE MEDICAL CARE IF:

  * If you have a cast/splint/boot and it gets damaged or breaks.

  * You have continued severe pain or more swelling than you did before the cast/splint/boot was put on, or the pain is not controlled with medication.

  * Your skin or nails below the injury turn blue or grey, or feel cold or numb.

  * There is a bad smell, new stains and/or pus like drainage coming from under the cast/splint/boot.
*You develop severe pain in the ankle or foot.

**MAKE SURE YOU:**

*Understand these instructions.

*Watch your condition carefully.

*Get help right away if you are not doing well or get worse.