

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Discharge advice

Fibula shaft fracture



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What is a fibula fracture?

The fibula bone is the outside bone of your lower leg. Whilst the fibula does not carry much of your body weight, it is an essential site of attachment for ligaments in both your knee and ankle joint.

Fibula fractures commonly occur as part of an ankle injury. These injuries occur in a similar manner to a badly sprained ankle, with most injuries treated in the same way as sprains.



The treatment for this type of fracture is a walking boot, which you will need to wear for six weeks.

Crutches can be given for support if needed, but it is important that weight is put through the boot in order to strengthen the ligaments.

Swelling and bruising at the fracture site is normal. Simple, over the counter pain killers and applying ice to the area will help to reduce swelling and pain. Ice should be applied, wrapped in a tea towel, for 20 minutes three to four times a day.

You should:

- Take simple over the counter pain killers as needed to keep pain levels under control.
- Use ice and elevation to bring swelling down.
- Wear the walking boot for the time frame recommended. The boot can be removed at night, when you are resting and for hygiene.
- Weight bear as the pain allows in the walking boot.
- Gently start to move the ankle as pain allows to prevent stiffness.

You should not:

- Return to high intensity or contact sports for at least six weeks unless recommended by the doctor.
- Miss your appointment with the specialist if an appointment has been requested.

Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

If there are any issues or you have any concerns/questions, we advise you seek help.

Call the fracture liaison nurses on 01623 622515, extension 4114 or 6807, between 8am and 4pm, Monday to Friday.

Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.