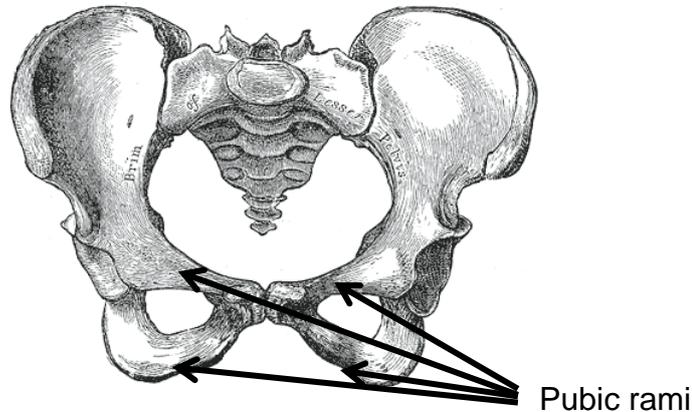


Advice for patients discharged after a pubic ramus fracture

Your x-ray today showed a fracture of one or more of your pubic rami. A pubic ramus is a thin strut of bone at the front and bottom of your pelvis.



It is common to break a pubic ramus or multiple pubic rami after a fall and landing on your side. You may find that have broken the opposite side to the side that you fell on. This is common.

You have passed a mobility assessment and been discharged from the Emergency Department. Fractures of a pubic ramus do not need an operation or specific treatment. They heal on their own over 6-8 weeks. You do not need any follow up at the hospital.

You should take regular pain killers. This type of injury can be painful for a number of weeks. Before discharge the doctor will discuss pain relief with you and may provide you with painkillers to take home. If you find that the pain relief is not enough, please contact your GP to discuss a prescription for stronger painkillers.

If you think you might need extra help at home while the fracture is painful and you cannot walk as well as usual, please speak with the doctor or nurse looking after you in the Emergency Department before you go home.

Fragility fractures

This type of fracture can be linked to osteoporosis. Osteoporosis is a condition in which bones become less strong and more fragile and so break more easily.

We suggest you speak to your GP about having your bone density measured using a DEXA scan. DEXA stands for dual-energy X-ray absorptiometry and it uses X-rays to measure how dense your bones are. The scan may find your bone density is within the normal range, slightly reduced (sometimes referred to osteopenia) or more severely reduced (osteoporosis). Depending on the scan results your GP may then recommend you start some medication to try to increase your bone density and so reduce your risk of future fractures.

There is a DEXA scanner at Airedale Hospital and your GP can refer you directly. Prior to referral your GP needs to ensure that you are not vitamin D deficient. This is because

a DEXA scan does not differentiate between osteomalacia (vitamin D deficiency) and osteoporosis.

If you should require further information please see your GP.

If you have any problems, or for further advice please contact:

- Emergency Department 01535 294481
- Your GP
- NHS 111 service 111, or 111.nhs.uk
- The NHS website www.nhs.uk

By telephoning, we can ensure you get appropriate advice and do not wait unnecessarily in the Emergency Department.

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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