Tailbone Injury Treatment

Self-Care at Home

Coccyx injuries are often extremely painful, so home care is aimed at controlling pain and avoiding further irritation to the coccyx.

- Avoid sitting down for long periods of time. When seated, sit on hard surfaces and alternate sitting on each side of the buttocks. Also, lean forward and direct your weight away from the tailbone.

- For traumatic injuries, apply ice to the tailbone area for 15–20 minutes, four times a day, for the first few days after the injury.

- Use ibuprofen (Advil), or a similar pain medicine, as directed on the label for pain control.

- You can purchase a "doughnut" cushion or pillow to sit on. This cushion has a hole in the middle of it to prevent the tailbone from contacting the flat surface.

- Eat foods high in fiber to soften stools and avoid constipation.

Medical Treatment

In addition to home care, a physician may be able to provide further relief of pain with other medical and, rarely, surgical interventions.

- Stronger pain medications may be prescribed at the discretion of your physician.

- Stool softeners may be prescribed to prevent constipation.

- Injections of local anesthetics or corticosteroids into the coccyx area are sometimes required to treat continuing pain.

- Rarely, the coccyx may be surgically removed.

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