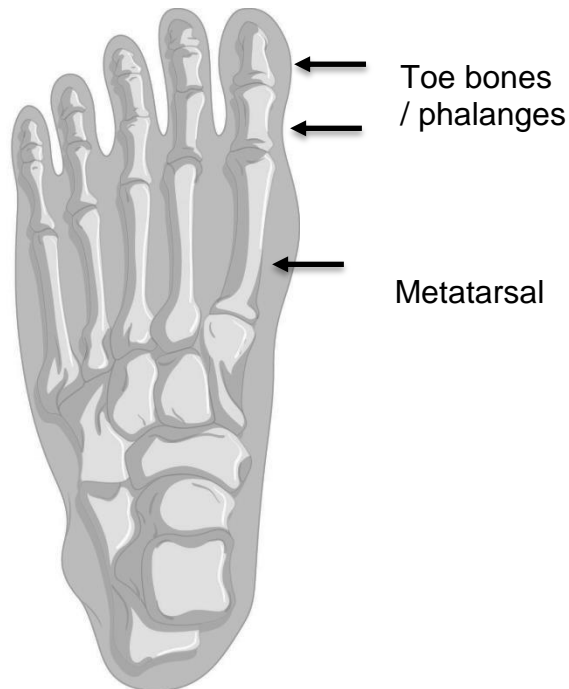


Patient information

Un-displaced Toe Fracture Advice

Trauma and Orthopaedics Speciality



You have fractured a bone in your toe.

This fracture has occurred in a part of the bone which normally heals well with the passage of time.

You should rest your toe in the first few days by not walking or standing too long, and then gradually increase your activity as your symptoms settle. It may help to walk on your heel initially.

Walking aids or a stiff soled shoe can be supplied by the Emergency Department if you should require them. Otherwise wear sturdy shoes that are comfortable and do not squash or bend the toe.

The initial pain, bruising and swelling you are experiencing should gradually settle over a period of **six to twelve weeks**. You may notice swelling in your foot at the end of the day for several months longer.

Ice packs or bathing your foot in iced water can be used to help in the first few days after your injury. A bag of frozen peas wrapped in a wet towel and placed over your toe for ten to fifteen minutes every few hours can help reduce the pain and swelling.

If you have poor feeling or altered sensation in your foot please do not use ice as it can burn the skin.

Keeping your foot raised as needed during the first few days may also help.

At first you may require regular painkillers as it is important to keep your toes, foot and ankle gently moving and gradually resume daily activities within the limits of discomfort. This will prevent stiffness, reduce swelling and ensure the quickest return to normal function.

You may benefit from simple strapping. Wrap tape around the injured toe and the toe next to it. This will provide comfort for a few days and will help with pain relief. It does not aid healing.

You should remove it for washing and wean yourself off it as your pain settles, aiming to remove it completely as soon as you feel able.

You can purchase suitable sticky tape in pharmacies and replace it each day as required. It is important that you keep moving your injured toes.

Exercises to help your toe recover

Your toes can sometimes become stiff as a result of injury. The following exercises will be most effective if practiced regularly during the day. We would suggest doing them at least three to four times per day. Repeat each exercise ten times.



Return to Sport

You may resume contact and impact sports from **twelve weeks** after your injury but you may notice initial pain and swelling which should settle.

Smoking slows down healing and we would advise that you stop, at least for the duration of the healing process. Further advice can be found on the NHS website <http://smokefree.nhs.co.uk> or please contact your family doctor (GP).

Driving

You need to be able to perform an emergency stop safely and have good control of the pedals before you drive. This means that you must not drive in your stiff soled shoe.

If after three months you are still experiencing pain and/or swelling which has prevented you from returning to normal activity please contact us on the number below.

You should contact your GP if you require a fit note.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Should you have any worries or concerns a message can be left on the Virtual Fracture Clinic Hotline and an appropriate person will contact you between 10 – 3pm, Monday to Friday. Any messages left over a weekend will be dealt with on Monday.

Virtual Fracture Clinic Hotline

Telephone number: 0151 525 2536

Text phone Number: 18001 0151 525 2536

For any urgent worries or concerns please contact the Emergency Department

Royal Liverpool Hospital

Telephone Number: 0151 706 2050

Text phone Number: 18001 0151 706 2050

Aintree Hospital

Telephone Number: 0151 525 5980

Text phone Number: 18001 0151 525 5980

Non urgent concerns can be discussed with your GP.

**Royal Liverpool Hospital Site
Search Virtual Fracture Clinic**

NHS 111 Service

Tel: 111

**Author: Trauma and Orthopaedics Department
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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhadda kale, sida luqadda kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.