

**Patient
Information**

A lesser toe fracture (any toe apart from your big toe)

Introduction

You have broken a bone in one of your small toes. This leaflet will provide you with advice on caring for this injury.

These fractures normally heal well, but will usually be:

- extremely painful
- swollen
- red or bruised
- difficult to walk on

Caring for a broken toe

- Keep your foot raised, ideally above the level of your heart, whenever you can during the first few days. This will help reduce swelling and pain, and can be done by resting your foot on cushions
- Hold an ice pack (try frozen peas wrapped in a towel) to the toe for 15 to 20 minutes every few hours for the first couple of days. Do not apply ice directly to your skin
- Avoid walking or standing for too long until the pain settles and bruising fades.
- Take over-the-counter pain relief such as paracetamol or ibuprofen
- Wear sturdy shoes with a stiff sole to protect and support your foot

To keep your toe in the correct position and to help reduce any discomfort a strapping may have been applied.

The strapping can usually be removed within 3 weeks but the healing time is normally 6 weeks. You may have a degree of pain during this period of time.

Occasionally the fracture may fail to heal (smoking is a risk factor) and continue to be painful even after several months. For further support please contact the Trauma Service. The details are at the end of this leaflet.

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Department

**Emergency/
Trauma Services**

Review due

June 2024

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All X-rays taken are reviewed by a specialist doctor and occasionally it may be necessary for us to contact you.

Contact information

Should you have any worries or concerns following your discharge from hospital please contact:

Trauma Service

Tel: 0300 422 5269

Monday to Friday, 8:00am to 2:00pm

Email: ghn-tr.glostrauma@nhs.net

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