

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202310-01-STFC  
Created: October 2023/ Review Date: October 2025

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## INFORMATION FOR PATIENTS

### Discharge advice

## Single toe fracture in children



### What is a toe fracture?

Your child has broken one of the toes in their foot. A fractured toe is a common injury and is usually caused by dropping a heavy object on their foot or by stubbing their toe against something.



Your child's broken toe will be strapped to the toe next to it, acting as a support splint whilst the fracture heals. The strapping/tape can be changed at home if it becomes wet or dirty and new can be purchased from your local pharmacy. This is a minor fracture and will not need a plaster cast. Your child may be given a special boot to wear for up to six weeks.

These fractures may take several weeks to heal, and sometimes your child may have some pain and swelling for between three and six months.

Swelling and bruising at the injury/fracture site is normal. Simple pain relief, such as Calpol and Nurofen, (if tolerated) can be given. Elevating the foot to drain the swelling away from the area and applying ice to the foot will help to reduce swelling and pain. Ice should be applied, wrapped in a damp tea towel, for 20 minutes three to four times a day.

### You should:

- Give your child pain relief as needed to help keep pain levels under control.
- Use ice and raise their foot up on a pillow to bring the swelling down.
- Encourage them to wear the special boot, if provided. This can be removed at night for sleeping, having a bath/shower or if they are sitting down with their foot raised up.
- Encourage your child to walk in the special boot, if provided, as their pain allows them.
- Encourage your child to wiggle their toes and make circles with their foot to help stop the ankle from getting stiff.

### Your child should not:

- Take part in any sports or other activities which may hurt their foot more. The fracture liaison team in the clinic will tell you when they can start these activities again.

### 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 between 8am and 4pm, Monday to Friday.

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