

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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 or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Discharge advice

Broken toes (excluding big toes)



Information, advice and recommendations for the injury

The fracture has occurred in a small part of the toe bone. This normally heals well without any intervention. You may experience pain, discomfort and swelling but this will settle over time.

You may have been provided with strapping for your injury; this can be removed after three weeks.

It may be painful to walk with your foot flat for a short while, but this may be eased by walking on your heel. You can put weight on your foot as pain allows you to.

Your injury may take up to six weeks to heal but you may experience symptoms for longer.

We advise you not to drive with your injury. Please contact your insurance company for further advice.

Information, advice and recommendations from your nurses:

- Keep your strapping clean and dry.
- Do not remove your strapping if possible.
- If there is any skin irritation please remove your strapping and contact us on the numbers provided.

- Elevate your foot to reduce swelling.
- Take pain killers if needed - visit your local pharmacy or GP if you are not sure what pain relief should be taken.

Remember R I C E

R – Rest your injury to give it time to heal.

I – Ice can help with swelling and pain.

C – Care for your injury and protect it from further harm.

E – Elevation can help to reduce swelling.

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 or 6807, between 8am and 4pm, Monday to Friday.

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