



**Patient Information
Emergency Department**

**Discharge advice following
attendance with a lesser toe
fracture**



Medway NHS Foundation Trust is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.

Orthopaedics Department
Medway NHS Foundation Trust
Windmill Road
Gillingham
Kent ME7 5NY
01634 830000

SSER-INF-27

Date: January 2024 Review Date: January 2026

You have broken a bone in one of the small toes.

These fractures normally heal well without problems.

The pain, tenderness and swelling you are experiencing in the toe should gradually settle over a period of several weeks.

During this time, you may find walking on the foot painful – it may help to walk on the heel initially.

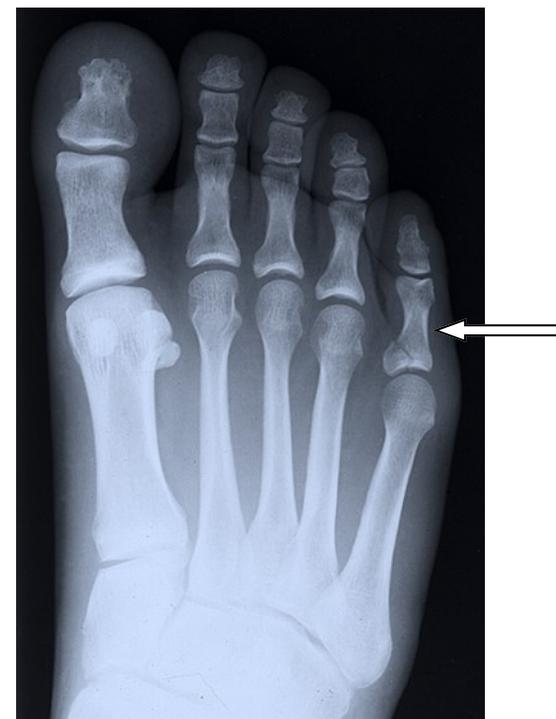
Your broken toe will be strapped to the neighbouring toe. If required, you will also be provided with crutches.

It is best to wear good supportive shoes with plenty of room for your toes and firm soles.

You may walk on the foot as much as pain allows. The strapping can usually be discarded gradually after 3 weeks as the pain settles.

The usual healing time is 6 weeks, but it may take several months for the foot to feel normal again.

Occasionally the fracture may fail to heal (smoking is a risk factor) and continue to be painful even after several months. A surgical procedure may be needed at this stage to help heal the fracture.



If the pain get worse or lasts more than eight weeks or you are concerned about your foot contact the fracture clinic on:

07760553994

Monday to Friday 11.00am to 5.00pm