

# Toe Fracture (excluding big toe)

This leaflet offers more information on toe fractures. If you have any further questions or concerns, please speak to the staff member in charge of your care.

## What is a toe fracture and why have I got one?

A toe fracture is a common injury where a small break happens in one of the bones of your toe. This injury usually gets better after about three weeks.

## What are the signs and symptoms?

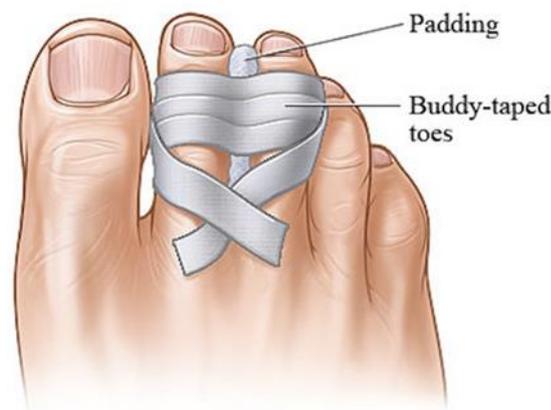
The toe will be painful and tender and may be swollen and bruised. The skin under your nail (nail bed) may be damaged.

## Do I need any tests to confirm the diagnosis?

Diagnosis can often be made by the history and physical examination, although x-rays are often used to confirm the diagnosis and guide treatment options.

## What treatments are available?

Toe strapping may help the pain and allow early movement. Mostly, all that is required are painkillers, open toed or soft shoes and time.



## What happens if I do not get treatment?

Rarely, longer term discomfort and malalignment can occur.

## Is there anything I can do to help myself?

You can bear weight as tolerated. In the first week it might help to heel weight bear and wear loose fitting shoes. After one week remove the strapping.

Use your feet as normally as possible, avoiding impact and contact sport for six to eight weeks.

It may take six weeks or longer before your toe returns to normal.

New bone will form at the fracture site and the toe may have a prominent lump as a result. This may remain for some time.

## Contact us

If you have any questions or concerns about your toe fracture, please discuss them with your surgeon or nurse practitioner at your clinic appointment or contact the fracture clinic on 020 8672 1255 (Monday to Friday, 9am to 5pm).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

