



**Northumbria Healthcare**  
NHS Foundation Trust

# Discharge advice for a toe fracture

Issued by the orthopaedic department

You have broken a bone in one of your toes. This type of injury usually heals well without problems. The pain, tenderness and swelling you are experiencing in your foot should settle over a period of a few weeks.

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

You may walk on the foot as much as you are able to.

Most injuries heal without any problems - however it may take several months for your symptoms to settle completely.

Rarely, the break may fail to heal and continue to be painful, even after several months. If this happens an operation may be needed to help heal the fracture.

## What happens next?

An orthopaedic trauma consultant (a doctor who specialises in fractures) will review your x-rays. If any other treatment is needed, or if we need to see you for review in the fracture clinic you will be contacted by phone or letter in the next five working days. If nothing further is required we will not contact you, however if you have any concerns please call the helpline number in this booklet.

## Painkillers

We suggest paracetamol and ibuprofen, if you can take them, ask your pharmacist for advice.

## Elevation

It is important to elevate your foot above your waist level as much as possible over the first three weeks. This will help reduce the pain and swelling. Sit or lie down with your foot supported by some pillows.

We wish you a speedy recovery.

If you have any worries or concerns, please contact us on the helpline:

**Monday - Friday, 9am - 3:30pm 01670 529431**

**After hours and weekends, if you need urgent advice contact:**

**Wansbeck General Hospital 01670 529884**

**North Tyneside Hospital 0191 2932515**

**Northumbria Specialist  
Emergency Care Hospital 0191 6072100**

## Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

## Other sources of information

### NHS 111

### NHS Choices

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

### Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)



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