Toe Dislocation, Reduced

You have had a dislocation of your toe which has been *reduced* (put back into place). If this was x-rayed, no *fractures* (break in bone) were found, which would likely cause any problems.

HOME CARE INSTRUCTIONS

- Use crutches as directed.
- Keeping your foot elevated for the first day or two will decrease swelling and pain.
- If your toes were taped together *(buddy taping)*, continue the taping as directed or keep them together until you see your caregiver.
- An ice pack used every twenty minutes, while awake, for the first day may be helpful. Put ice in a plastic bag and put a towel between the bag and the skin.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- See your regular caregiver again as directed.
- If your caregiver has given you a follow-up appointment, it is very important to keep that appointment. Not keeping the appointment could result in a chronic or permanent injury, pain, and disability. If there is any problem keeping the appointment, you must call back to this facility for assistance.

SEEK MEDICAL CARE IF:

- You have increased pain or swelling not relieved with medicines.

SEEK IMMEDIATE MEDICAL CARE IF:

- Toes become cold, numb, white, or hot (inflamed) and red.

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