Buddy Taping of Toes

Keep your toes buddy taped together as instructed by your caregiver.

We have taped your toes together to keep them from moving. This is called "buddy taping" since we used a part of your own body to keep the injured part still. We placed soft padding between your toes to keep them from rubbing against each other. Buddy taping will help healing and reduce pain.

HOME CARE INSTRUCTIONS:

- Raise your injured area above the level of your heart while sitting or lying down. Prop it up with pillows.
- 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 your skin.
- Watch for signs that the taping is too tight. These signs may be:
  - Numbness of your taped toes.
  - Coolness of your taped toes.
  - Color change in the area beyond the tape.
  - Increased pain.
- If you have any of these signs, loosen or rewrap the tape. If you need to loosen or rewrap the buddy tape, make sure you use the padding again.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have worse pain, swelling, *inflammation* (soreness), drainage or bleeding after you rewrap the tape.
- Any new problems occur.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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