Toe Fracture

A toe fracture is a break in the bone of a toe. Your or your child's broken toe has been taped to the toe next to it. This "buddy taping" will keep the injured toe from moving. "Buddy taping" also helps the toe heal in a more normal position. It may take 6 to 8 weeks for the toe injury to heal.

HOME CARE

- Leave the toes taped together for 1 week or as told by your doctor. You can change the tape after bathing. Always use a small piece of gauze or cotton between the toes when taping them together.
- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 15 to 20 minutes at a time, 4 to 5 times a day.
- Keep the foot raised (*elevated*).
- Wear sturdy, supportive shoes. Your doctor may prescribe a cast shoe if the foot is very puffy (*swollen*).
- Only take medicine as told by your doctor.

GET HELP IF:

- There is pain or puffiness that is not helped by medicine.
- The injured toe is cold when the others are warm.

GET HELP RIGHT AWAY IF:

- The toe becomes numb or white.
- The toe becomes hot (*inflamed*) and red.

MAKE SURE YOU:

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

Document Released: 03/14/2011
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