Toe Fracture

Your caregiver has diagnosed you as having a fractured toe. A toe fracture is a break in the bone of a toe. Your fractured toe has been taped to the toe next to it. This “buddy taping” will keep the injured toe from moving beyond normal range of motion. It may take 6 to 8 weeks for the toe injury to heal.

HOME CARE INSTRUCTIONS

- Leave your toes taped together for 1 week or as directed or until you see a doctor for a follow-up examination. You can change the tape after bathing. Always use a small piece of gauze or cotton between the toes when taping them together. This will help the skin stay dry and prevent infection.
- Apply ice to the injury for 15 to 20 minutes each hour while awake for the first 2 days. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
- Keep your foot elevated whenever possible to lessen swelling.
- Wear sturdy, supportive shoes. Your caregiver may prescribe a cast shoe if your foot is very swollen.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- 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 medications.
- Your injured toe is cold when the others are warm.

SEEK IMMEDIATE MEDICAL CARE IF:

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

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