



Discharge advice following a Toe Fracture (break)



- A broken toe is a common injury which usually heals well within 6 weeks.
- This is treated with buddy-strapping (see picture) and/or a hard-soled shoe.
- Rest and elevate the foot when possible for at least 72 hours.
- If buddy-strapping has been applied, this should be kept on for 3 weeks.
- You may return to your own supportive footwear as soon as is comfortable.
- Avoid any impact such as football or running for 6 weeks.
- Avoid driving until you have returned to your own footwear and can safely perform an emergency stop.
- It is normal for the toe to be tender for up to 3 months.

If the pain worsens, your toe appears deformed, or you have any other concerns, please contact us on the details below.

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

Virtual Fracture Clinic:

01305 253305, Monday – Friday 09.00-16.00
VFCTriage@dchft.nhs.uk

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email patientinformation.leaflets@dchft.nhs.uk



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