

PATIENT INFORMATION

Toe Injuries

Accident & Emergency Department

Toe Injuries

You have injured your toe. This may be bruised or fractured (broken). Toes that are dislocated or that have deep cuts may need an x-ray. Other toe injuries do not. This is because the treatment is the same for simple toe fractures and toe bruises.

Management

You can walk on your foot as comfort allows –wide fitting, flat shoes with a firm soles are best-open shoes may be an option in the summer months.

The injured toe may be taped to the next one.

Take over the counter pain killers such as paracetamol and ibuprofen. Be careful if you are sensitive to anti-inflammatories such as ibuprofen, or have asthma, stomach ulcers or indigestion.

Ask your pharmacist for advice if needed.

Healing

Toe injuries normally heal without any problems. The pain, tenderness and swelling in your toe will settle over a period of weeks and can take up to several months.

Any early concerns should be reviewed in the emergency department or walk in centre.

Later concerns please contact your GP for advice.
Please seek further medical advice as needed.

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ
Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:
southportandormskirk.nhs.uk/FFT

Thank you

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