



Southport and  
Ormskirk Hospital  
NHS Trust

# **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  
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**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto: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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