

TOE FRACTURES

This information leaflet is designed to provide general information and education on clavicle fractures (collar bone).

If you are ever unsure about the information or advice you have received please:

- Ask a staff member
- Visit your local GP – your GP can contact the Orthopaedic Virtual Fracture clinic if required
- Contact 13 HEALTH (13 432584)
- Contact Ipswich Hospital Outpatients Department on 3810 1217

General Information

- You have sustained a fracture of your toe.
- This is a very common fracture and generally heals very well.
- The pain and tenderness in your toe should gradually settle as the healing process occurs.
- It is important to follow advice given in person in addition to this information sheet to promote full recovery.

Management

- Toe fractures are managed in a boot or stiff sole shoe.
- The boot or shoe should be worn for 6 weeks. You do not need to wear the boot/shoe to bed.
- After 6 weeks you can take the boot/shoe off.
- You should avoid sprinting and heavy push-off activities for 12 weeks.
- This type of fracture does not need repeat x-rays, unless you are experiencing significant pain at the 6-week mark.

Pain Relief

- Paracetamol and/or ibuprofen are excellent pain relief medications.
- They **must** always be taken as per dosage instructions on the packet or as advised by your pharmacist.
- **Do not** take medications which you may be allergic to or your GP has told you not to take.
- If you have any concerns or questions about your pain relief medications, please contact your local pharmacist, GP or call 13 HEALTH (13 432584).

Worries/Concerns

If at any point you are concerned, please contact:

- Your local GP
- Phone: 13 HEALTH (13 432584) – Available after hours
- Contact Ipswich Hospital Outpatients Department on 3810 1217