

Our outpatient clinics run between 9am to 5pm Monday-Friday. If you have any concerns or problems during these times please contact:

Clinic 1B
Whittington Hospital
Magdala Avenue, London N19 5NF

The Fracture clinic: 020 7288 3799 or 5659
The plaster room: 020 7288 5668

The emergency department at any other time
Phone: 020 7288 3304

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)
[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 16/07/2020
Review date: 16/07/2022
Ref: SC/T&O-VFC/TF/01

© Whittington Health
Please recycle



Toe Fracture

A patient's guide



You have been diagnosed with a fracture of your toe(s).

In the majority of cases these heal by themselves.

The toe(s) may look swollen and bruised – This is **NORMAL** and should gradually settle over a period of several weeks.

The toe(s) may be strapped (as shown) or left free.

Because of the swelling you may not tolerate wearing normal shoes. You may be provided with a heel-wedge shoe similar to the one shown: you effectively walk on your heel with no pressure on your injured toe(s).

The fracture can take around 6 weeks to heal (diabetes and smoking can delay this).

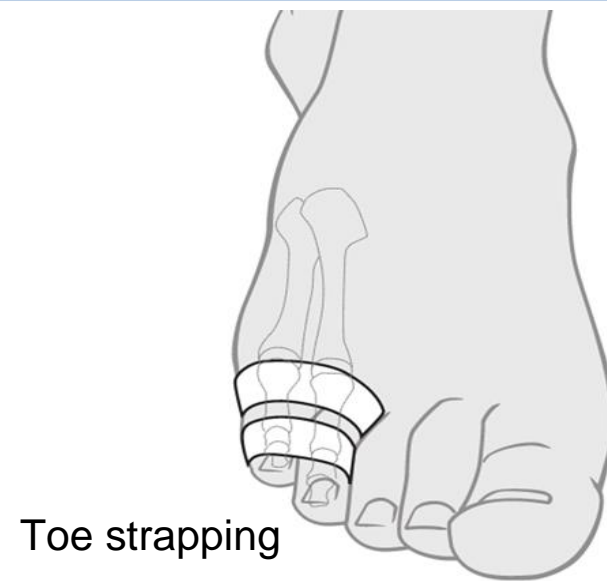
We recommend elevation when not walking to reduce the swelling, ice and simple painkillers.

At 6 weeks, if it is **NOT** painful, try walking without the shoe and if possible wear one of your own.

If it is still painful after 6 weeks please contact the Fracture clinic and we will arrange an appointment.

Please refer to the DVLA website regarding your fitness to drive if required.

A range of patient information leaflets and videos providing guidance and advice are available here:



Toe strapping

AO



Heel-wedge shoe.

Leaflet Written by R. Chammaa,