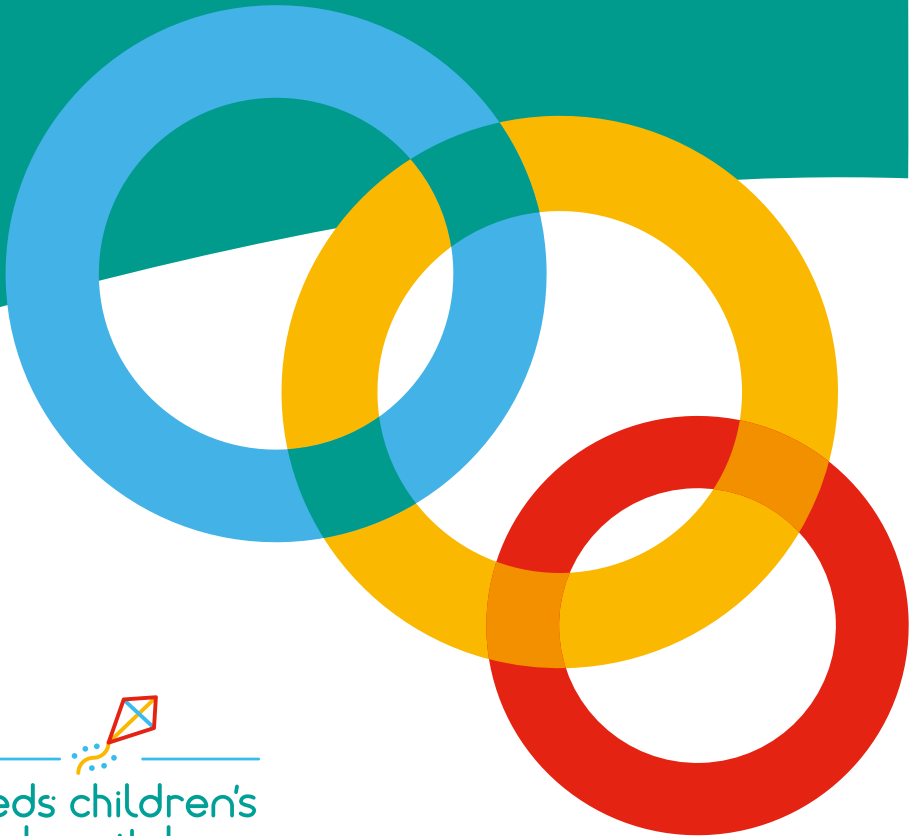


# Toe fractures

Information for parents

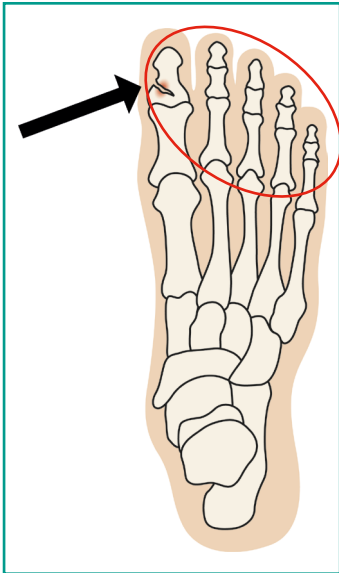


Leeds children's  
hospital

caring about children

Dear Parent / Guardian

Your child has sustained a break (fracture) to one of the small bones of their toe and the Doctor has confirmed this.



Your Doctor has reviewed your child's x-rays today and confirmed they show a simple, undisplaced fracture of their toe.

This fracture will heal well in 3 - 4 weeks. Your child may have been given a walker boot or the broken toe may have been strapped, or you may have been advised to wear your own supportive shoe.

Your child should wean out of the walker boot 2 - 3 weeks after the injury. Any strapping should be removed after 2 - 3 weeks.

Your child will have some pain, tenderness, swelling and bruising, which will gradually settle over a few weeks. Your child may need simple painkillers such as Paracetamol (Calpol) or Ibuprofen (follow the dosage instructions) for the first few days after the injury, which can be bought from your local pharmacy or supermarket.

They can put weight through the foot as comfort allows.

Your child can go back to school as soon as they feel comfortable and happy to do so but should avoid any sporting activities, physical education and trampolining for 6 weeks from the date of injury.

Your child does not need a follow-up appointment or a further x-ray and they will be discharged back to the care of your family doctor.

## **When to seek urgent help**

If your child develops severe pain, change in colour of the toe (white or blue), numbness or pins and needles, and inability to move the toes, it may be that the strapping is too tight.

If any of these signs occur, rest and elevate the limb for 30 minutes. If symptoms persist even after elevating the arm for 30 minutes, take the strapping off and keep the limb elevated for a further 30 minutes. If symptoms persist even after releasing the strapping and elevating the limb, take your child immediately back to the hospital Emergency department.

You should contact us (see below) if your child is struggling to weight bear 4 weeks after the injury, or is struggling to go back to their sports 8 weeks after the injury.

## Useful contact numbers

If you have any questions or concerns, please contact:

**Children's Orthopaedics Nurse Specialist Team:**

(Monday - Friday, 8.00 am - 5.00 pm)

Tel. **0113 3928570**

**Plaster Room, Leeds General Infirmary:**

Monday - Friday, 8.30 am - 5.00 pm)

Tel. **0113 3925717**



**What did you think of your care?**

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

***Your views matter***



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