



Hosp no: _____ NHS no: _____
Name: _____
Address: _____
Postcode: _____ DoB: _____
GP: _____
(or attach patient label)



**East Suffolk and
North Essex
NHS Foundation Trust**

Virtual Fracture Clinic (VFC)

Department of Orthopaedic Surgery, Colchester Hospital

For clinic appointments/admin, call 01206 746543, Monday to Friday, 8am–4pm

For clinical issues related to the VFC only, call 07717 367 583, Mon to Fri, 9am–5pm

Discharge advice following attendance with a lesser toe fracture

You have broken a bone in one of the small toes. These fractures normally heal well without problems.

The pain, tenderness and swelling you are experiencing in the toe should gradually settle over a period of several weeks.

During this time, you may find walking on the foot painful – it may help to walk on the heel initially.

Your broken toe will be strapped to the neighbouring toe. If required, you will also be provided with crutches. It is best to wear good supportive shoes with plenty of room for your toes and firm soles. Occasionally a 'Moonboot' or 'heel wedge shoe' can help.

You may walk on the foot as much as pain allows. The strapping can usually be discarded gradually after three weeks as the pain settles.

The usual healing time is 6–8 weeks, but it may take several months for the foot to feel normal again.

Occasionally the fracture may fail to heal (smoking is a risk factor) and continue to be painful even after several months. A surgical procedure may be needed at this stage to help heal the fracture.



**Please ask if you need this
leaflet in an alternative format.**

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