

Closed toe phalangeal fracture discharge advice



You have broken a small bone in your toe known as a phalanx.

Phalangeal fractures generally heal well and usually the only treatments required are painkillers and rest.

However, if very painful, the toe can be strapped to the adjacent toe. This is known as neighbour strapping.

We would expect the fracture to heal within 3 to 4 weeks at which stage any strapping can be taken off but the strapping can be taken off earlier if comfortable.

Normal footwear will give adequate support to the fracture and you can weight-bear as able from the outset.

It may however take around 6 weeks for the pain to fully settle and to have normal function.

If the pain gets worse or lasts more than 6 weeks or you are concerned about your toe then contact fracture clinic at the number below.

Should you have any worries or concerns following discharge from hospital, please contact either the

1) Fracture Clinic: 02871611166
(8:45am until 4:45pm, Mon to Fri)

or

2) Emergency Dept: 02871611379
(Outside these hours)