

Toe Fracture Discharge Advice



- You have fractured one or more bones in the lesser or Big toe.
- These types of fracture heal well in most cases without any problems.
- Toe strapping if provided can be removed after 2-3 weeks.
- It can be more comfortable to wear either hard soled boots or sandals, moving back into comfortable supportive shoes when pain and swelling allows.
- Pain and tenderness will settle but this can take up to 3 to 6 weeks.
- Most patients will have returned to a desk job at 3 weeks and heavy manual work by 6 weeks after injury.
- If your symptoms fail to improve by 6 weeks please contact us using the fracture line.



Should you have any worries or concerns following discharge from your local hospital, please contact:-

Fracture Line 8.30 am to 5.30pm Mon to Fri	0161 778 5372	
Emergency Department (out of hours)	Royal Oldham Hospital 0161 627 8933	Rochdale Urgent Care 01706517023
	North Manchester Gen. 0161 7202433	Fairfield General Hospital 0161 778 2600