

# Patient Information Sheet - Foot and Toe Fractures

## *What do I need to know?*

### What is my diagnosis?

You have broken (fractured) a bone in your foot. The type of injury you have suffered is painful but almost always heals without the need for surgery. Using a moonboot or orthopaedic shoe is sufficient to manage this type of injury and allow healing.

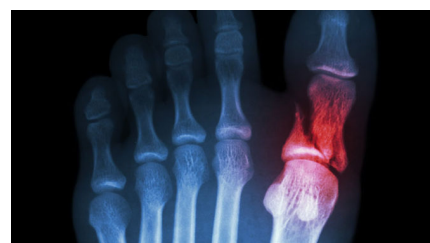
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### What happens next?

Your X-rays will be reviewed by a radiologist (Xray expert) and a surgeon. In most circumstances, no further appointments will be needed, and you should follow the advice below. Occasionally, you may need to come back to the clinic and if this is necessary, we will contact you.

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### What does my X-ray look like?



### What should I expect during recovery?

#### Weeks 1 and 2

- The foot will be painful but it should be tolerable with normal sensation in your toes
- Simple pain killers such as paracetamol should be sufficient to manage your pain
- You may notice bruising and swelling around your ankle and foot as well as mild tingling/numbness
- The moonboot is for your comfort and you **do not** have to keep it on all the time. It is safe to take your ankle out of the moonboot when resting it at night, and to perform **EXERCISE 1** (see overleaf)
- It is safe to walk with your body weight through the injured foot with or without the boot if you wish

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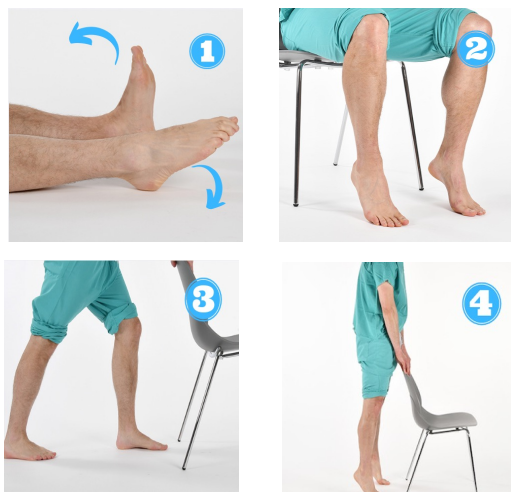
#### Weeks 3-5

- The pain and bruising will begin to reduce
- You should begin to rely less on the moonboot. A shoe with a firm sole will be more comfortable than trainers or flexible shoes

#### Weeks 6

- At this stage you should **remove your moonboot for walking** for increasing parts of the day
- It will feel unusual to begin with and that is **normal**
- Some ongoing pain over the ankle is normal but this should settle over the next few weeks
- Swelling of the ankle may persist for 3-6 months
- Progress to **EXERCISES 2-4**. Repeat x10 each and x3 per day for 4 weeks

#### Key Exercises



#### Top Tips

- Ensure you **move your toes** as much as possible
- **Stop or cut down smoking** while the bone is healing (smoking has been proven to slow healing and increase the risk of non-union [when the bone doesn't heal])

#### What if my fracture does not heal?

It is extremely uncommon for fractures of the foot not to heal. However, if this was to be the case, you will notice ongoing pain and weakness in the foot which persists for more than 3 months after the injury. Please contact us via the advice email address if you still have problems with your foot three months after the injury.

#### Get in touch

*Please get in touch via our trauma email if you are still having problems with your finger in three months time:*

[traumaenquiriesRIE@nhslothian.scot.nhs.uk](mailto:traumaenquiriesRIE@nhslothian.scot.nhs.uk)

*If you do not receive a reply after 3 working days call our helpline: 0131 2423410*

*Urgent issues*

*Please call the Minor Injuries Unit helpline on 0131 2423942 if any urgent issues.*