

Introduction

We hope this guide will answer your questions about your foot injury. Please contact the team if you require further information via the details at the end of this leaflet.

What is a lesser toe fracture?

You have broken a bone(s) in one of the small toes.

How long will this take to heal?

These fractures normally heal well without problems. The usual healing time is six to eight weeks, but it may take several months for the foot to feel normal again.

What are the treatment options?

Usual treatment involves painkillers, a strap and crutches.

Will I need follow up?

Routine follow up is not necessary due to the nature of the fracture.



Are there any complications?

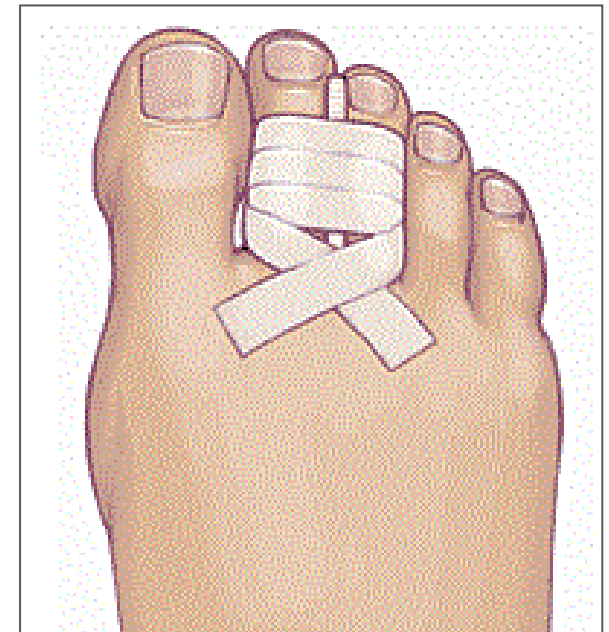
The pain, tenderness and swelling you are experiencing in the toe should gradually settle over a period of several weeks.

How will this be managed?

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.

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

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.



Is there anything to avoid?

You are allowed to weight bear as tolerated.

What are the options if the toe remains painful?

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. Your own GP will need to refer you for this.

Smoking cessation

Stopping smoking will ensure optimal recovery from this injury therefore it is important to consider this advice. For more information and help, contact your GP or refer to NHS website <http://smokefree.nhs.uk>.

Contacting the team

If the pain gets worse or lasts more than eight weeks or you are concerned about your toe, please contact the virtual fracture clinic team on **01279 973362** Monday to Friday, 9am to 4pm.

Out of hours please contact the orthopaedic Resident Doctor on-call via switchboard on 01279 444455.

If you would like to give feedback on your care, please contact our patient experience team on paht.pals@nhs.net or 01279 827211.

Please contact the communications team on paht.communications@nhs.net or 01279 827926 if you would like this leaflet in another language or format.



**The Princess Alexandra
Hospital**
NHS Trust

Patient information

Lesser toe fracture

Orthopaedic department

V2 | SCC | Orthopaedic Department |
Date noted: 08/2025 | Review date:
08/2028



modern • integrated • outstanding

patient at heart • everyday excellence • creative collaboration