

## Taking pain killers:



Pain killers and anti-inflammatories (tablets that help with any heat, swelling or pain) are important.



Paracetamol is good and can be taken for a few days. The adult dose is two 500mg tablets four times a day.



Ibuprofen is a common anti-inflammatory. You can buy it at chemists or supermarkets. The dose depends on your age and other medicines you may be taking.



Talk to your doctor or chemist about possible side effects. These tablets could make you constipated (unable to poo properly).



If you have any problems with your injured toe speak to your doctor.

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## Toe injuries



## Your toe injury:



Most toe injuries do not need treating as they heal by themselves.



Sometimes a broken or injured toe can be strapped to another toe for support.



You can take the strapping off to wash your foot; unless the doctor has told you to keep it on. When your foot is clean and dry you can put the strap back on.



It is not always necessary to have an x-ray as it will not change how we treat your injured toe.



Your injured toe will be painful for around 3 weeks and will take longer to completely heal.

## Looking after your toe injury:



Sit or lie with your toe higher than your bottom for at least two days if you can. This will help with any swelling.



It may be uncomfortable walking on your heel but try to walk as normally as you can.



Avoid playing any sports for at least 3 weeks.



Wear whatever shoes you find comfortable.



Your toenail may go black and fall off. This is quite normal and nothing to be scared of. Your new nail will grow back in a few months.