

Toe fractures

The paediatric virtual fracture clinic

This leaflet explains more about toe fractures and the paediatric virtual fracture clinic. If you have any further questions, please speak to a doctor or nurse caring for you.

What is a toe fracture?

Your child has sustained a fracture to their toe(s), which means that there has been a break in bone of your child's toe(s). This type of fracture heals very well without a heavy plaster. Toe fractures normally take two to four weeks to heal. We do not recommend that your child walks barefoot for four to six weeks following their injury.

We sometimes strap the toes together to support your child's broken toe. You can take this strapping off to wash your child's foot or if the tape gets dirty. The tape is not usually required after two weeks.

Your child can continue to walk on their foot as their pain allows. Appropriate doses of Paracetamol and Ibuprofen can help your child with their pain. They can slowly build up their activity levels as their pain allows. They may find that activities like football and running are painful for up to six weeks after their injury. If your child has pre-existing medical conditions, check with a doctor or pharmacist before giving painkillers.

What is the paediatric virtual fracture clinic?

Your child has been referred by the emergency department (A&E) to the paediatric virtual fracture clinic. This consists of the consultant orthopaedic surgeons and the senior staff nurse.

Your child's X-ray will be reviewed by a consultant orthopaedic surgeon on a Tuesday or Wednesday. An appointment will **not** be scheduled for this as the consultant will review the X-ray themselves in clinic.

You will be contacted directly by a member of the nursing team (usually on the Thursday or Friday after the virtual clinic), to advise you on the treatment plan and to answer any questions you may have.

Please be assured that if the consultant finds anything clinically urgent, or if there are any further questions they need to ask you, they will contact you directly

Useful sources of information

<https://www.nhs.uk/conditions/broken-toe/>

Contact us

If you have any questions or concerns about your child's fracture, please contact the fracture clinic on 0207 188 9011 (Monday to Friday, 8.30am to 5pm). Out of hours, please contact the paediatric emergency department on 0207 188 2111.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit

w: www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday, 10am-5pm

e: letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

Leaflet number: 4721/VER1

Date published: April 2019

Review date: April 2022

© 2019 Guy's and St Thomas' NHS Foundation Trust

A list of sources is available on request