

## Patient Information : Toe Injuries



### Cork Emergency Medicine

[EMed.ie](http://EMed.ie)



Most toe injuries are of minor medical significance. However, they can be very painful. To minimize discomfort we suggest the following steps:

1. Rest for the first 24-48 hours as much as possible, with your foot elevated on cushions so that the toe is at a higher level than your groin.
2. Apply crushed ice or frozen peas wrapped in a damp cloth for ten minutes, six times daily for the first two to three days. Avoid hot baths.
3. After three days, when not walking, continue to elevate your foot as much as possible and avoid prolonged standing.
4. If strapping has been applied and is comfortable or helpful, change it every 24 hours. Take care to wash and dry between the toes every time you change the strapping.
5. Wear comfortable and protective footwear without high heels.

For pain relief you may wish to take simple painkilling tablets such as Paracetamol. Please make sure you follow the instructions shown on the label.

### Continued symptoms

- Any bruising and/or swelling may look worse for a few days after the injury.
- If your toe was badly bruised it may be painful for up to three to four weeks.
- If the toe bone was cracked it will be painful for up to eight weeks.
- Your toe injury should settle and start to improve in approximately four to five days. If it does not, or if you are concerned, please contact your own GP or contact us on the numbers below.

Doctor's name from this consultation:

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If you are concerned, please contact the  
Emergency Department you first attended:

Mercy University  
Hospital  
(021) 4271971

M-UCC at  
SMHC (St.  
Mary's Health  
Campus)  
(021) 4926900

CUH  
(021) 4920200

Mallow General  
Hospital  
(022) 21251

Bantry General  
Hospital  
(027) 52900

