



# Toe fracture (not big toe)

## Virtual Fracture Care

You have a fracture of your toe (phalanx fracture). This injury is treated with a tape, called a buddy tape.

### Summary

- You have a fracture of your toe.
- This type of injury almost always heals well without any loss of function.
- A routine follow-up is not necessary for this type of injury.
- You can remove the buddy tape after 1-2 weeks as soon as the pain allows. Wear a sturdy shoe for 2 weeks.
- To prevent the toe from getting stiff, it is important that you start moving the toe again as soon as possible.
- You can find instructions on how to reapply the buddy tape in the app.
- If you have any questions, or are experiencing problems with your recovery, you can call the “Breuklijn” (fracture hotline) on work days between 08:00 – 10:00 and 13:00 – 15:00.



### Treatment

A fracture of the toe is a common injury. The fracture is treated with a buddy tape. A buddy tape attaches the injured toe to the toe next to it, immobilizing the injured toe.

### **0-1 week**

- Buddy tape and a sturdy shoe.

### **1-2 weeks**

- Buddy tape, remove it as soon as your pain allows this.
- Wear a sturdy shoe.

### **After 3 weeks**

- Start sports.

## **Instructions**

Follow these instructions for a good recovery.

- Wear the buddy tape for 1-2 weeks. If necessary, you can replace the buddy tape. You can buy new tape at the pharmacy or use the tape that you received at the Emergency Department. In the app you can find instructions on how to reapply the buddy tape.
- You can stand on your foot if your pain allows you to do so. If necessary, you can rent crutches at the hospital.
- Elevate your foot when you are resting to reduce the swelling and pain. This can be done by putting your foot on a chair.
- To prevent the toe from getting stiff, it is important that you start moving the toe again as soon as possible.
- We advise you not to practise sports the first three weeks. After three weeks you can start sports again, if the pain allows you to do this.
- Are you in pain? Use a mild pain killer such as paracetamol (acetaminophen). Do not wait with the use of paracetamol until the pain is too much.

## **Recovery**

- This type of injury almost always heals well with time and use – no specific treatment is required and routine follow-up is not necessary.
- Does the pain increase, or does it not improve? Please contact the “Breuklijn” (fracture hotline).

## **Reapply buddy tape**

If you want to reapply the buddy tape, you can watch the instructional video below. You can buy new materials at the pharmacy or reapply the tape from the Emergency Department.

**Video:** [Aanleggen dakpanpleister teen - YouTube](#)

In the video a special shoe is used, usually you do not need this special shoe and you can use your own (sturdy) shoe.

## **Exercises**

It is important to move your toe as much as possible. No specific exercises are necessary.

## **Questions?**

You can call us.

If there are any questions after reading the information, please contact us or visit [www.spaarnegasthuis.nl](http://www.spaarnegasthuis.nl)

## Contact

Breuklijn: (023) 224 0025

Please call us on work days between 08:00 – 10:00 and 13:00 – 15:00.

## Directly to the information in the Virtual Fracture Care app?

The QR code below will take you directly to the information from this folder.



## Waar zijn we te vinden?

### Haarlem Zuid

Boerhaavelaan 22  
2035 RC Haarlem

(023) 224 0000

### Haarlem Noord

Vondelweg 999  
2026 BW Haarlem

[www.spaarnegasthuis.nl](http://www.spaarnegasthuis.nl)

### Hoofddorp

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