

Fractured Big Toe



You have a fracture of the big toe (hallux). We treat this fracture with a pressure bandage and a special shoe.

Treatment

A fracture of the big toe (hallux) is a common injury. The fracture is treated with a pressure bandage and a special shoe that prevents you from unrolling your foot.

Time	Treatment
0-1 week	Pressure bandage and a special shoe, remove it as soon as pain allows this.
1-3 weeks	You may walk again, wearing a sturdy shoe.
after 3 weeks	You may start sports, when the pain allows you to do this.

Instructions

Follow the instructions for an optimal recovery

- Wear the pressure bandage for a maximum of 1 week. It is not a problem when you remove the pressure bandage earlier.
- If the pressure bandage gets loose, you can find instructions on how to re-apply the pressure underneath in this folder.
- You may put pressure on the foot, when the pain allows you to do so. Use crutches when this is necessary.
- Place your foot higher up while you are resting to reduce the swelling. For example, putting it on a chair. Due to this pressure and pain will decrease.
- The first three weeks you should not practice any sports. After three weeks you may start sports again when the pain allows you to do this. It can take 6-8 weeks before you have recovered enough to sport again.

- Are you in pain? Use a mild pain killer, for example paracetamol. Do not wait with paracetamol until the pain is too much. You can take a maximum of 4 times a day, 2 tables of 500mg, on fixed times during the day.

Recovery

- This fracture almost always heals well with time and use – no specific treatment is required and therefore routine follow-up is unnecessary.
- Does the pain increase, or is the pain the same after 4 weeks? Please contact the fracture-phone (Breuklijn)

Questions?

U can always call us.

Do you still have questions after reading the folder? Contact the hospital 'Fracture' phone, number 020 – 634 6194 available Monday – Friday 10.00-12.00 and 13.00-16.00. Do you have questions about payment or insurance? Contact your insurance company or visit www.bovenij.nl page 'Kosten en verzekering' (in Dutch).

More information online

For a video about the pressure bandage, visit the following link:
<https://www.youtube.com/watch?v=MikmuuT9THw>

Contact BovenIJ Hospital

Fracture-Phone (Breuklijn) Mo – Fr 10.00-12.00 13.00-16.00	020 - 634 6194
Emergency Department	020 - 634 6200

Dissatisfied?

For us it is important that our patients are satisfied. That is why we aim to treat you as well as possible during your visit. Despite our effort, it is possible that situations occur which can make you feel unhappy. Are you dissatisfied? Please let us know, so we can find a solution together.

Address BovenIJ Hospital

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Statenjachtstraat 1
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