



## INFORMATIE OVER

# Fractured big toe

You have a fracture of the big toe (hallux). We treat this fracture with a pressure bandage and a special shoe. In this brochure you can read more about the fracture and its treatment.

## 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.

## 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 in the app, BovenIJ Trauma, and 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 tablets 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): 020 – 634 6194.

## Questions?

You can always call us. Please contact the fracture-phone (Breuklijn): 020 – 634 6195.

## More information online

### Virtual Fracture Care app

In the Virtual Fracture Care app you can find more information about your injury. You can also find exercises here to improve your recovery. You can find the app in the Appstore (iPhone) and in the Google Store (Android).

### Video

For a video about the pressure bandage, [visit this link](#).

## Afdelingen

## Spoedpost

|                                  |                                                       |
|----------------------------------|-------------------------------------------------------|
| <b>Telefoonnummer</b>            | 020-634 6200                                          |
| <b>Openings- en bezoektijden</b> | 24 uur per dag                                        |
| <b>Route</b>                     | Via ingang Spoedpost (achterzijde van het ziekenhuis) |



<https://www.bovenij.nl/aandoening-behandeling/fractured-big-toe/fractured-big-toe>  
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