

Health Facts

Emergency Department

Patients with forefoot fractures (Medical surgical shoes)

Observe the affected foot/toes

- Temperature: should be warm/ or slightly cool to touch.
- Skin colour: should be the same as the opposite limb.
- Movement: some reduced movement is expected.
- Touch response: usual response to touch.
- Swelling: will gradually reduce in size over the next few days.

Keep foot raised

Keep the injured foot in a raised position on a pillow for the next 24 hours as much as is possible.

The shoe

- Should only be removed for washing and sleeping.
- Your child can wear a sock if they finds it more comfortable.

Pain relief

- Give paracetamol, ibuprofen or Painstop® Day-Time for pain if required as per manufacturer's instructions.
- Next dose can be given at _____.
- Excessive pain should be reported to your doctor.

Daily activity

- Encourage active movement of affected foot/ toes.
- Walking and weight bearing as able.
- Crutches should be used if your child is unable to walk.
- No active sport.
- No school until comfortable.

Follow up care

- An appointment for fracture clinic will be made within 7-14 days after discharge.
- If your child is using crutches please bring them with you on each visit to the hospital.

Contact

If you have any concerns following discharge take your child to the GP or return to the PMH Emergency Department.