

Patients with forefoot fractures

Wearing 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 find it more comfortable.

Pain relief

- Give paracetamol/ibuprofen for pain if required as per the packet 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 the PCH fracture clinic may be made within 7-14 days after discharge, or you may be asked to see your doctor.
- 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 a doctor or return to the PCH Emergency Department.



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