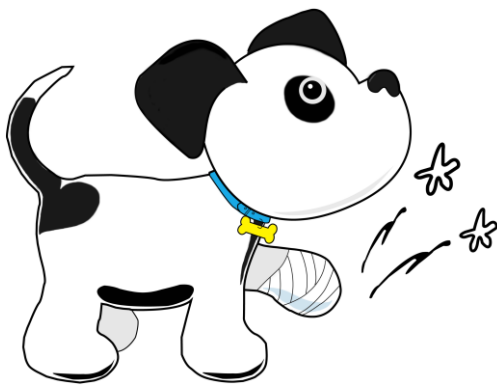




## Royal Manchester Children's Hospital Paediatric Emergency Department

### Information for Patients and Carers

# Simple Foot Injury



Your child has a fracture (a broken bone) or an injury of their foot.

Your child may be given strapping or a walking boot to help support their walking as the injury heals. These can be removed after 2 to 3 weeks as the pain improves.

It is normal for the foot to look a little swollen and bruised for several weeks.

The following will help reduce the swelling and pain:

1. **Rest** - It is safe for them to walk, as their pain allows. Avoid long walks, running and jumping until they can walk without any pain.
2. **Ice** – crushed ice or frozen peas wrapped in a towel and placed over the injured area for a maximum of 10 minutes 2-3 times a day, for the first day only can help.
3. **Painkillers** - It is important to give your child appropriate doses of **paracetamol or ibuprofen** (widely available from pharmacies and supermarkets) to help with any pain.
4. **Elevation** - wherever possible in the first few days try to keep your child's foot raised on a pillow. This can also be done when the child is in bed at night.

These injuries heal well, therefore there is no need to reattend the hospital for follow-up.

### Useful contacts

If your child is experiencing any significant pain or if you have any concerns or would like more advice about your child's injury, please telephone or email the Paediatric Orthopaedic Department:

☎ 0161 701 5356

✉ [vfc.rmch@mft.nhs.uk](mailto:vfc.rmch@mft.nhs.uk)

Please leave a detailed message including your child's full name and date of birth and you will be contacted. For an emergency that cannot wait until the next working day please contact the Paediatric Emergency Department 0161 701 9102.

We are supported by Royal Manchester Children's Hospital Charity. Learn more here: [www.rmchcharity.org.uk](http://www.rmchcharity.org.uk)