

# Elastoplast Thumb/ Toe Spica

An information guide



# Elastoplast Thumb/Toe Spica

Your thumb or big toe has been treated with an Elastoplast Strapping known as a Spica, which should be worn for one week or as advised by the doctor or nurse.

To ensure a speedy recovery, it is important that you follow these instructions.

## Instructions

- Remove the strapping immediately if your thumb or toe becomes blue, cold, white, numb or you experience a feeling of 'pins and needles'.
- If the symptoms do not improve after the strapping has been removed contact the Emergency Department for advice.
- If your skin becomes red or itchy where the strapping has been applied remove it immediately and contact the Emergency Department for advice .
- Avoid getting the strapping wet, as this will cause it to become loose and therefore ineffective.
- The affected limb should be elevated for 24 to 48 hours to reduce swelling.

## **Pain killers**

- Take simple pain killers such as paracetamol and /or ibuprofen which can be purchased from a chemist or shop.
- Take the medication according to the manufacturer's instructions

## **Thumb/Toe exercises**

Exercises should be carried out 3-4 times a day to avoid stiffness

- Touch thumb to all fingers in turn 5 to 10 times.
- Move big toe up and down 5 to 10 times pain permitting.

## **Contact information**

### **The Royal Oldham Hospital**

Rochdale Road,

Oldham,

OL1 2JH

### **The Emergency Department**

Telephone: 0161 627 8926

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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