

A Guide for Patients and Families

# Buddy Taping



## What is Buddy Taping?



It is an immobilisation technique that helps to stabilise finger or toe injuries.

## How is Buddy Taping done?



Buddy taping involves taping an injured finger or toe to the uninjured finger or toe.

A piece of gauze is placed between the fingers or toes to absorb moisture.



## How do you Care for Your Buddy Taped Finger or Toe?

- ◆ Keep the buddy tape dry. Use a plastic wrap to protect it if necessary during shower.
- ◆ Release the tape immediately if the injured hand or foot:
  - Becomes more painful or numb
  - Turns pale or blue
- ◆ Elevate the injured limb to minimize swelling and reduce pain.
- ◆ Seek medical attention immediately if your finger or toe injury worsens.



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