

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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