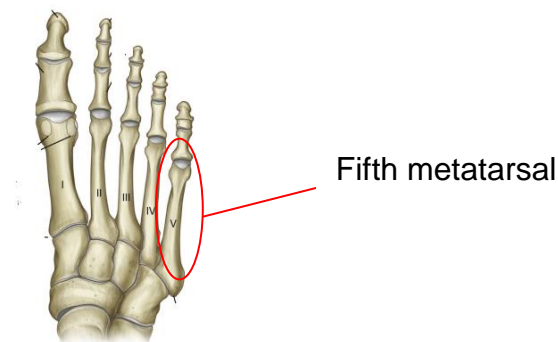


Patient Information

## Trauma & Orthopaedics

# Discharge Advice – 5<sup>th</sup> Metatarsal Fracture



- You have broken (fractured) a bone on the outer side of your foot.
- The fracture has occurred in a part of the bone which normally heals well without problems.
- The pain, tenderness and swelling you are experiencing in the foot will gradually settle over a period of six to eight weeks.
- During this time, you may find walking on the foot painful. You should have been provided with a removable boot. If required, you will also be provided with crutches.



## Patient Information

- You may walk on your foot as pain allows and if you have been given a boot it should be discarded at 4 to 8 weeks as the pain settles.
- Most injuries heal without any problems- however it may take several months for your symptoms to settle completely.
- Occasionally the fracture may fail to heal and continue to be painful, even after several months.
- If you are still experiencing significant symptoms after three months, please phone the fracture clinic helpline as listed below for further advice.
- Smoking can impair the ability of the bone to heal and stopping is advised.

**Should you have any worries or concerns following discharge from hospital, please contact:**

**Virtual Fracture Clinic Hotline: 024 7696 9237**

**(Monday to Friday 9am- 4pm)**

Whilst the clinic is running, we are unable to take calls so leave a voicemail with your full name and number and you will receive a call back

For emergencies out of these hours please attend A&E.

Images sourced from Drake, Richard L., PhD, FAAA, Gray's Basic Anatomy, 6, 265-339 by Elsevier, Inc.

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact **024 7696 9237** and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Document History

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