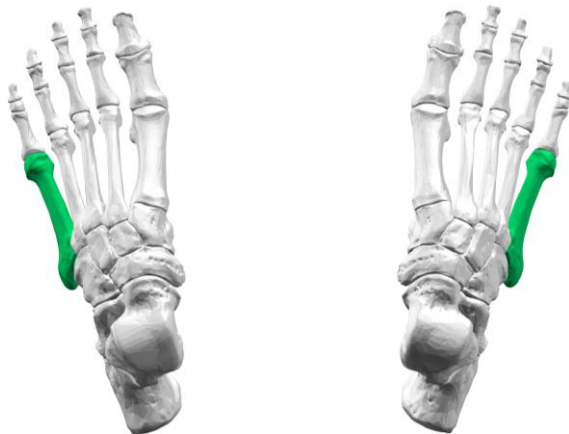


Trauma & Orthopaedics

Discharge Advice - 5th 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 slowly 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.
- You may walk on your foot as pain allows and if you have been given a boot it should be discarded at 4 to 6 weeks as the pain settles.



Patient Information

- Most injuries heal without any problems; however, it may take several months for your symptoms to settle completely.
- Sometimes the fracture may fail to heal and continue to be painful, even after several months.
- If you are experiencing significant symptoms after three months from the injury, please phone the fracture clinic helpline as listed below for further advice.
- Smoking reduces the ability of the bone to heal itself and can delay and even prevent your fracture from healing, stopping smoking is advised.

Further information and contact details

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)

We are unable to take calls while our clinic is running, but you can leave a voicemail. Please leave a voicemail with your full name and number and we will return your call.

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

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.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Image source "[Fifth metatarsal bone03 superior view](#)" by [BodyParts3D](#) used under [CC BY-SA 2.1 JP](#)

Document History

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