

Foot (5th Metatarsal) Fracture

An information guide



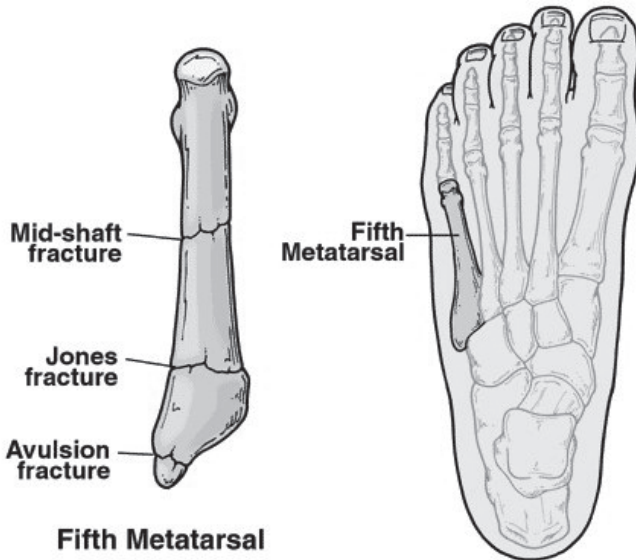
Foot (5th Metatarsal) Fracture

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E).

The following advice will guide you through the next 6 weeks of your recovery. Use the information within this leaflet to gain a better understanding of your injury and what can be done to improve and maximise your recovery.

You have recently sustained an injury to your foot. You have been diagnosed with a fracture (break) to the base of your 5th Metatarsal bone which is on the outside of your foot.

Fifth Metatarsal Fracture



Your fracture is situated in a part of the bone which normally heals well without a problem.



The pain, tenderness and swelling that you are experiencing in the foot should gradually settle down over a period of 3 to 5 weeks.

During this time you may find walking on the foot painful, it may help to walk on your heel initially.

Though not always required, you may be provided with a support for your foot. This may be an inflatable but removable boot or a wool and crepe bandage.

You will be provided with full instructions on how to apply and use your walking boot. **Remember to remove this at night when in bed and whilst resting.** If required you will be provided with crutches but this is not always needed.

You may walk on the foot as much as the pain allows. If you have been provided with a boot then start to gradually discard it over the 3 to 5 weeks as the pain begins to settle.

Most injuries heal without any problems, however it can take up to **12 weeks** for your symptoms to completely settle.

You are not advised to compress or bandage the affected limb unless advised by a clinician.

Rest

For the next 24 to 48 hours rest your fractured (broken) limb.

Ice

Apply ice or something cool every 2 hours for 20 minutes for the next 24 to 48 hours, ensure that the ice or frozen peas is wrapped in a cloth or a towel, **DO NOT APPLY DIRECTLY TO SKIN** this could cause a burn.

Elevation

Raise your lower limb when resting, try and elevate your foot above the level of your hip. This will help reduce the swelling significantly. Continue to elevate as long as the swelling persists.

Pain killers

You may take simple pain killers such as paracetamol and/or ibuprofen which can be purchased from a chemist or shop. Please ensure you take the medication according to the manufacturer's instructions.

There may be a slightly reduced movement in your foot, especially on weight bearing. This is likely to affect your daily function for a short period.

In rare cases these fractures fail to heal and continue to be painful, even after several months.

Follow up

There will be no routine follow up for patients with this type of injury and fracture. If after six weeks you are still experiencing:

- Significant pain or swelling
- Still struggling to weight bear or use your injured limb

Please contact your GP for further advice

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 general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


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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