

Hand (5th Metacarpal) Fracture

An information guide



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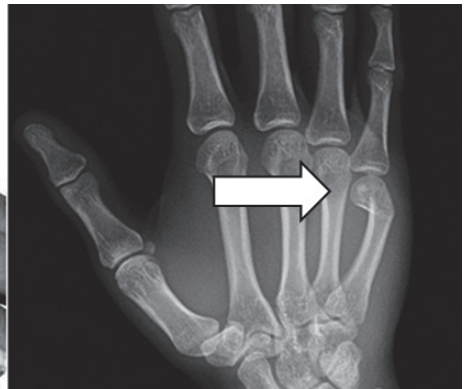
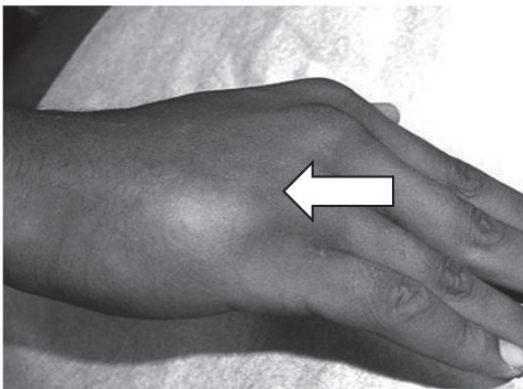
This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E).

Then following advice will guide you through the next 6 weeks of your recovery.

Use the information below 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 one of your hands. You have been diagnosed with a fracture (break) to the head/neck of your 5th Metacarpal.

The fracture is minor but will be painful. These usually start to settle down after 3 to 4 weeks.



- It may take 6 weeks or longer in total before your hand returns to normal.
- Your two fingers will be neighbour strapped together, ring and little fingers. This will allow comfort and allow slow early movement. You may be provided with a wrist brace to allow further support.



- Because the fracture (break) can be close to the joint you must move your hand as soon as possible even if this means overcoming some of the discomfort and pain.
- After 3 weeks remove the strapping.
- Use your hand as normally as possible. This will not cause further damage. Avoid heavy lifting for 6 to 8 weeks.
- As the bone heals a lump will form at the fracture site and the knuckle will not be as visible.
- In some rare cases you can suffer long term shortening. This involves the little finger. This is a consequence of the injury.
- Your hand grip should return to normal.

YOU ARE NOT ADVISED TO COMPRESS OR BANDAGE THE AFFECTED LIMB UNLESS ADVISED BY A CLINICIAN.

What should I do now?

- **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 the ice or frozen peas are wrapped in a cloth or a towel, ***DO NOT APPLY DIRECTLY TO THE SKIN*** as this could cause a burn.
- **ELEVATION:** Raise your upper limb when resting, try and elevate your hand above the level of your heart. This will help reduce the swelling significantly. Continue to elevate as long as the swelling persists.
- **PAIN KILLERS:** Take simple pain killers such as paracetamol and/ or ibuprofen which can be purchased from a chemist or shop.
- Take medication according to the manufacturer's instructions.

Follow up

There is 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.
- Redness or heat.

Please contact your GP for further management, treatment, or 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

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

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 advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

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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