

# Discharge Advice: Fifth Metatarsal Fracture

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**Trauma and Orthopaedics**

**Patient Information Leaflet**

You have fractured a bone on the outer part 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 should gradually settle over a period of several weeks.

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

You will be provided with a support for the foot in the form of bandaging or a removable boot. If required, you will also be provided with crutches.

You may walk on the foot as much as pain allows, and if you have been given a boot you should gradually discard it over 3 - 5 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. A surgical procedure may be needed at this stage to help heal the fracture.
- If you are still experiencing significant symptoms after several months, please phone the fracture clinic helpline as listed below for further advice.

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

**Fracture and Orthopaedic Clinic:**

FGH: 01229 404005 / RLI: 01524 583011  
*(8.30am until 4.30pm, Monday to Friday)*

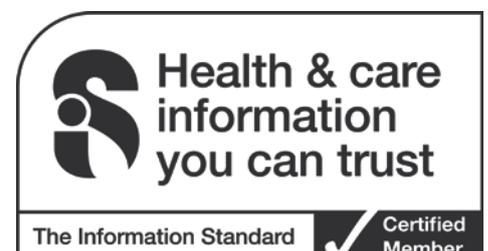
**or**

**Emergency Department:**

Furness General: 01229 404004  
Royal Lancaster Infirmary: 01524 583100 *(outside the times above)*

**Leaflet Details**

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## **Other formats**

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

## **Travelling to our hospitals**

For the best way to plan your journey visit our website:  
<http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

## **Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

## **Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

## **Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

With thanks to Glasgow Royal for their kind permission to use content from their leaflet '5th Metatarsal Fracture'.

## **Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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