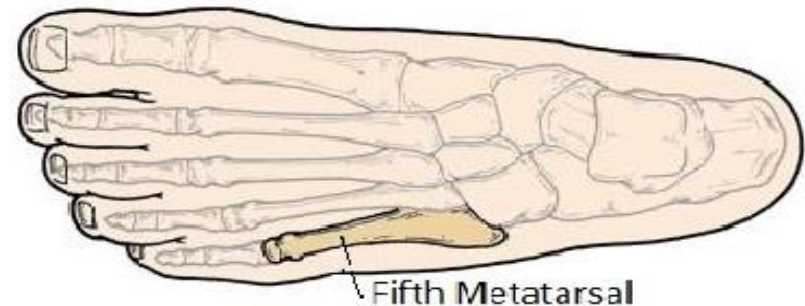


## 5<sup>th</sup> Metatarsal Fracture Discharge Advice



- 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 gradually discard it over 3 - 5 weeks as the pain settles



- Most injuries heal without any problems. However, it may take 12 weeks 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.

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

	Royal Oldham	Rochdale Infirmary
Fracture Clinic (8.30 am to 4.30pm)	0161-627 8888	01706-517247
Emergency Department (out of hours)	0161-624 0420	01706-517 000