

Discharge advice following attendance with a

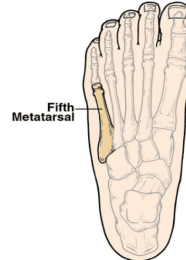
# Foot (5th Metatarsal) Fracture

Information for patients from the Emergency Department



## DISCHARGE ADVICE FOLLOWING ATTENDANCE WITH A FOOT (5TH METATARSAL) FRACTURE

- ❖ 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 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 regarding your injury, or if the pain lasts more than three weeks, please contact the Fracture Clinic on 01698 752401 or 07966635636 (8.30am to 4.00pm, Monday to Friday).

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**NHS inform** - The national health information service for Scotland.  
[www.nhsinform.scot](http://www.nhsinform.scot)  
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If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail [info@lanarkshire.scot.nhs.uk](mailto:info@lanarkshire.scot.nhs.uk)



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