

Orthopaedic Department
Patient Information

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Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Discharge advice following a Foot (5th Metatarsal) fracture



Hospital Number:

Date of attendance:

- You have fractured (broken) a bone on the outer part of your foot
- The fracture has occurred in a part of the bone which usually heals well without problems
- The pain 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 this 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 shoe. 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 shoe, 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 after several months. A surgical procedure may be needed at this stage to heal the fracture.

If the pain gets worse or lasts more than six weeks, or you are concerned about your foot please contact us on: 01305 255498 Monday to Friday 9:00 – 17:00 and quote 'ED fracture'.