

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 Hand (5th Metacarpal) fracture



Hospital Number:

Date of attendance:

- You have a minor break near the knuckle and it will usually settle in three weeks
- It may take six weeks or longer before your hand returns to normal
- The finger strapping may help the pain and allow early movement
- Simple painkillers such as paracetamol may help
- As the break can be close to the joint, you should move your hand as soon as possible, even if this means overcoming discomfort
- After 1-2 weeks remove the strapping
- Use your hand as normally as possible. This will not cause further damage but heavy lifting may be sore for six to eight weeks.
- Hand grip is generally very good after this type of injury
- As the bone heals a lump will form at the break site and the knuckle will not be as prominent

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