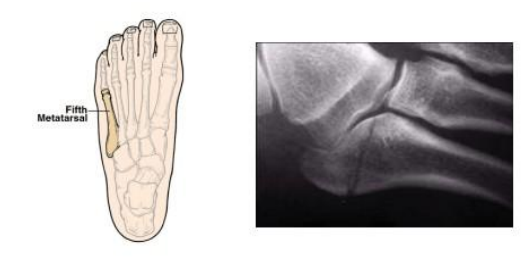


**Discharge advice following
attendance with a 5th
Metatarsal Fracture**
Trauma and Orthopaedics

- 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

Should you have any worries or concerns following discharge from the hospital, please contact: 01633 234403/234404. This is a Monday – Friday service and we will try to get back to you as soon as possible. However, if it is an emergency please go back to A&E for further advice/treatment



**This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg**