

**Discharge advice following
attendance with a hand
(5th metacarpal) fracture
Trauma and Orthopaedics**

- 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
- Because the break can be close to the joint you must move your hand as soon as possible even if this means overcoming the discomfort
- After one week remove the strapping
- Use your hand as normally as possible. This will not cause further damage but heavy lifting may be sore for 6 or 8 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
- There will be some shortening expected as a consequence of the injury

Should you have any worries or concerns following discharge from hospital, please contact 01633 234403/234404



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