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Discharge advice for a 5th metatarsal base (foot) fracture



Issued by the Orthopaedic Department

You have broken a bone on the outer part of your foot – this is known as a 5th metatarsal base fracture. This kind of break usually heals well without problems.

What happens next?

An orthopaedic trauma consultant (a doctor who specialises in fractures) will review your x-rays. If any other treatment is needed, or if we need to see you for review in the fracture clinic you will be contacted by phone or letter in the next five working days. If nothing further is required we will not contact you, however if you have any concerns please call the helpline number in this booklet.

The pain, tenderness and swelling you are experiencing in your foot should settle over a period of a few weeks.

It is important to elevate your foot above waist level as much as possible over the first three weeks. This will help reduce the pain and swelling. Sit or lie down with your foot supported by some pillows.

We suggest you take paracetamol and ibuprofen to help relieve your pain, if you can take them. If you need further advice about pain relief, ask your pharmacist.

Can I walk around while my foot is healing?

During this time, you may find walking on the foot painful. It may help to walk on your heel initially

You will be provided with a support for your foot in the form of a removable boot. If needed, you will also be provided with crutches

You may walk on the foot as much as you are able to. The boot should be gradually discarded over 3-5 weeks as the pain settles.

How long will it take to heal?

Most injuries heal without any problems - however it may take several months for your symptoms to settle completely.

Sometimes, the break may fail to heal and continue to be painful, even after several months. If this occurs an operation may be needed to help heal the break.

If you are still experiencing a lot of pain after two months, please phone the helpline for further advice.

We wish you a speedy recovery.

If you have any worries or concerns, please contact us on the helpline:

Monday - Friday, 9am - 3:30pm 01670 529431

After hours and weekends, if you need urgent advice contact:

Wansbeck General Hospital 01670 529884

North Tyneside Hospital 0191 2932515

**Northumbria Specialist
Emergency Care Hospital 0191 6072100**

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: **01670 511098**

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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