

# Discharge advice following metatarsal (forefoot fractures)



Issued by the orthopaedic department

Your injury has been assessed and treated by the urgent care / emergency department staff. They feel that you have fractured one of the small bones in your foot.

The fracture has occurred in a part of the bone which normally 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.

Most of these injuries are stable and heal well over time without any further treatment. The pain, tenderness and swelling you are experiencing should gradually settle over a period of several weeks.

Initially you should try and rest with the leg elevated to reduce your swelling. During this time you may find walking on the foot painful – it may help to walk on the heel initially.

You may be provided with a removable boot or form of bandaging to support your foot depending on the type of injury. If required you will also be provided with crutches.

You may walk on your injured foot as much as pain allows. If you have been given a boot, it is safe to remove it to wash and to sleep if you wish. You can stop using the boot from 3-5 weeks as your symptoms settle.

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.

## 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](http://www.nhs.uk/pages/homepage.aspx)

### NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

### Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

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