

Discharge advice for a 5th metacarpal (hand) fracture



Issued by the orthopaedic department

You have broken your hand near the knuckle of your little finger. This will usually settle in three weeks.

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.

Strapping

The finger strapping may help the pain and allow early movement.

After one or two weeks, remove the strapping.

Painkillers

We suggest paracetamol and ibuprofen, if you can take them, ask your pharmacist for advice.

Movement

You must move your hand as soon as possible even if this means overcoming the discomfort. This is to prevent stiffness in your hand.

Use your hand as normally as possible. This will not cause further damage but heavy lifting may be sore for six or eight weeks.

When can I return to regular activities?

It may take six weeks or longer before your hand returns to normal.

Your hand grip will not be affected after this type of injury.

As the bone heals, a lump will form at the break site, and your knuckle will not be as prominent.

Some shortening of the bone is expected following this injury.

This should not affect how you use your hand.

If you are still having a lot of difficulty using your hand after 4-6 weeks please contact us on the helpline.

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: 07815 500015

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

www.northumbria.nhs.uk



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