

Patient information

# Discharge Advice

following attendance with a  
**Hand (5th Metacarpal) Fracture**



Orthopaedic Service

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1. You have a minor break near the knuckle and it will usually settle in three weeks.
2. It may take six weeks or longer before your hand returns to normal.
3. The finger strapping may help the pain and allow early movement.
4. 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.
5. After one week remove the strapping.
6. Use your hand as normally as possible. This will not cause further damage but heavy lifting may be sore for 6 or 8 weeks.
7. Hand grip is generally very good after this type of injury.
8. As the bone heals a lump will form at the break site and the knuckle will not be as prominent.
9. There may be some shortening expected as a consequence of the injury.

**If the pain gets worse or lasts more than 3 weeks or you are concerned about your hand, use the contact details below**

#### **Contact details:**

**Raigmore Hospital  
Old Perth Road,  
Inverness, IV12 3UJ.  
Tel: 01463 704000**

**Tel: Fracture Clinic Helpline - Monday to Friday  
12 - 3pm  
07779 422980**

**In an emergency contact NHS 24 - Tel: 111**