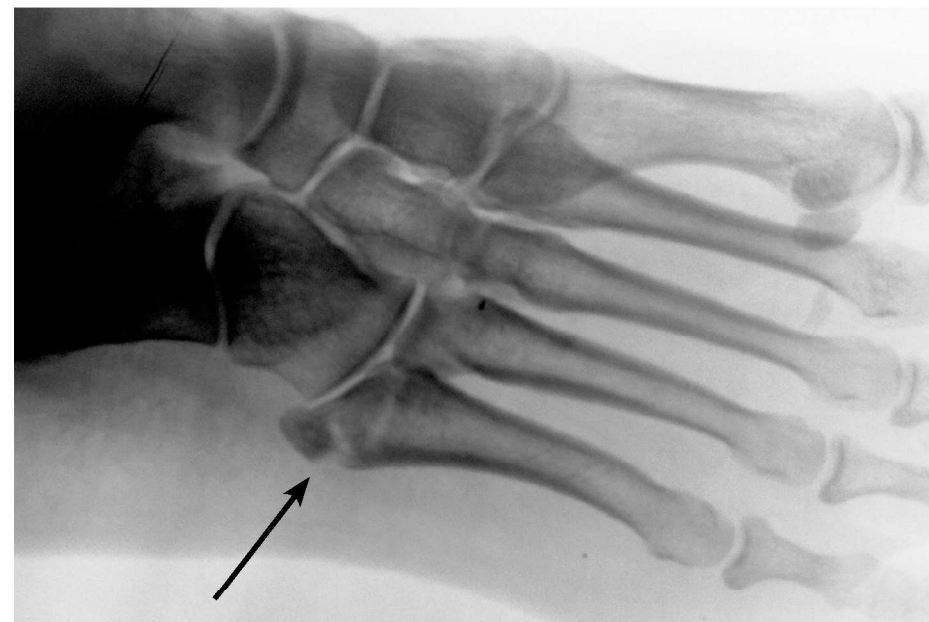


Discharge Advice

5th Metatarsal Fracture

(or other isolated Metatarsal#)



Contact details:

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

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

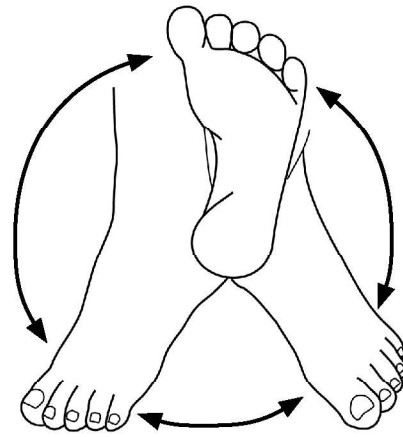
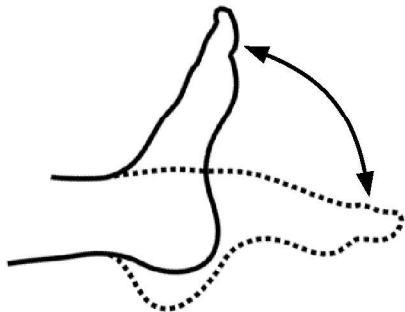
In an emergency contact NHS 24 - Tel: 111

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| Devised by: Lisa Kenley |
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1. You have fractured a bone on the outer part of your foot.
2. The fracture has occurred in a part of the bone which normally heals well without problems.
3. The pain, tenderness and swelling you are experiencing in the foot should gradually settle over a period of several weeks.
4. During this time, you may find walking on the foot painful - it may help to walk on the heel initially.
5. You may be provided with a support for the foot in the form of a removable boot. If required, you will also be provided with crutches. You should weight bear / mobilise as able. Elevate limb when possible to reduce any swelling.
6. You may walk on the foot as much as pain allows, and if you have been given a boot should gradually discard it over 4 - 6 weeks as the pain settles. You can remove boot when relaxing.

When boot is not in situ, exercise as demonstrated on this leaflet.



7. Most injuries heal without any problems - however it may take several months for your symptoms to settle completely.
8. Occasionally the fracture may fail to heal and continue to be painful, even after several months. A surgical procedure may be needed at this stage to help heal the fracture.
9. If you are still experiencing significant symptoms after several months, please phone the fracture clinic helpline as listed below for further advice.
10. You can return to driving when you are no longer dependant on the boot and you can safely operate the car and when you can perform an emergency stop without hesitation.

Should you have any worries or concerns following discharge from hospital, please use the contact details on the back of this leaflet