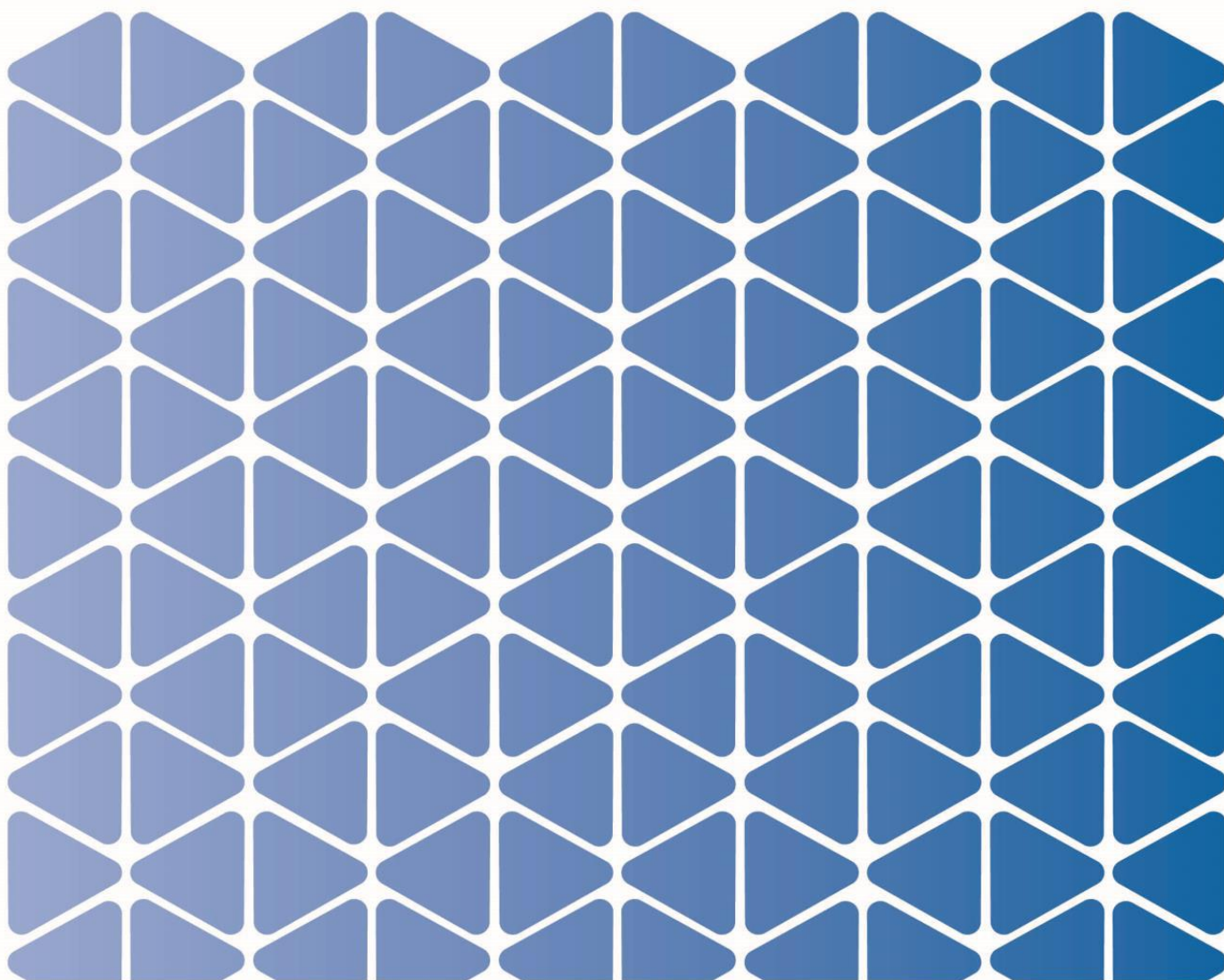


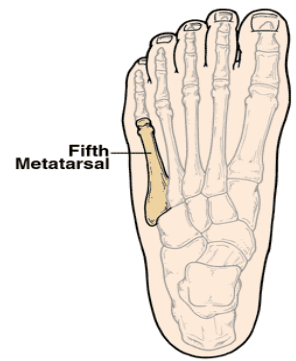
PATIENT INFORMATION

5th METATARSAL FRACTURES



5th Metatarsal fractures

Trauma and Orthopaedic Department
Discharge Advice



You have fractured a bone on the outer part of your foot. This is called your 5th Metatarsal.

The fracture has occurred in a part of the bone which normally heals well without problems.

The pain, tenderness and swelling you are experiencing in the foot should gradually settle over a period of several weeks. You may need to initially rest, apply ice and elevate your foot and take simple analgesia.

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

You will be provided with a support for the foot in the form of a forefoot offloading shoe (Darco shoe) or a removable boot. If required, you will also be provided with crutches but as you will be weight bearing these are usually not necessary.

You may walk on the foot as much as pain allows, and if you have been given a boot you must remove the boot for range of movement exercises of the ankle and also to sleep in. You should gradually discard the boot over 3 - 5 weeks as the pain settles, at this point you should wear a comfortable well supportive shoe.

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

Occasionally the fracture may fail to heal and continue to be painful, even after several months. If this is the case at 6-8 weeks following your initial injury you should contact us and we will arrange to see you again.

Occasionally fractures heal with a fibrous or scar tissue and this may not show on an x-ray but will be pain free.

A surgical procedure may be needed at this stage to help heal the fracture.

If you
Have any concerns please phone the fracture clinic helpline as listed below for further advice.

Should you have any worries or concerns following your discharge from hospital please contact: the Virtual Fracture Clinic

Virtual Fractures Clinic 08:30am – 14:30pm Monday-Friday

Worcester Royal Hospital 01905 760259

Alexandra Hospital Redditch 01905 503030 ext 44160

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.