

**< Hospital Name >
Emergency Department**

Discharge Advice *5th Metatarsal Fracture*

You have fractured a bone on the outer part of your foot.

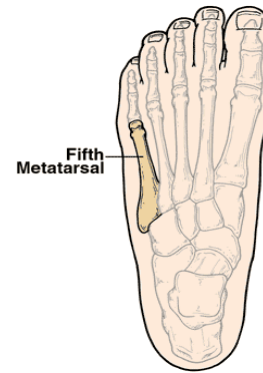
The fracture has occurred in a part of the bone which normally heals well without problems.

The pain, tenderness and swelling you are experiencing in the foot should gradually settle over a period of several weeks.

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 bandaging or a removable boot. If required, you will also be provided with crutches.

You may walk on the foot as much as pain allows, and if you have been given a boot should gradually discard it over 3 - 5 weeks as the pain settles.



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

If you are still experiencing significant symptoms after several months, please phone the fracture clinic helpline as listed below for further advice.

Should you have any worries or concerns following discharge from hospital, please contact either the

- 1) Fracture Clinic: <Phone Number> (<TimeAm> until <TimePm, Monday to Friday) or**
- 2) Emergency Department: <PhoneNumber> (outwith these times)**