

Discharge advice following a 2nd to 5th metatarsal fracture

Information for patients from the Emergency Department

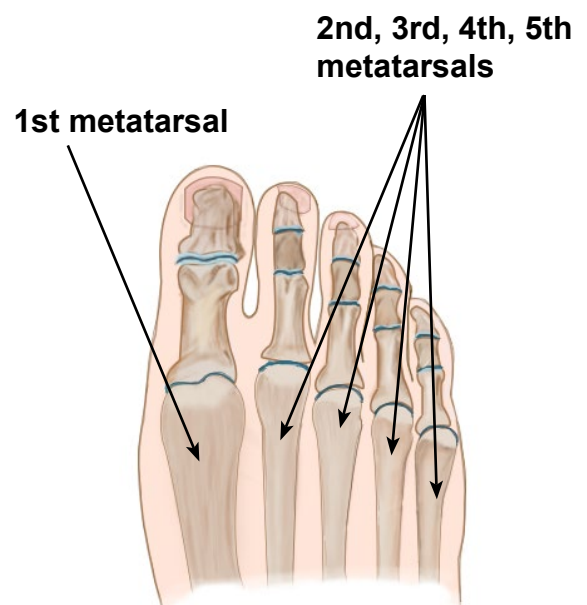
What is my injury?

You have fractured a bone (2nd to 5th metatarsal) on your foot. The fracture has occurred in a part of the bone which normally heals well and without problems.

How will my injury be treated?

You will be given a support for your foot in the form of a removable boot or an off-loading shoe.

If needed, you will also be given crutches.



How long does it take to recover?

The pain, tenderness, and swelling in your foot will gradually settle over the next few weeks. During this time walking on your foot may be painful, so to start with it may help to walk on your heel.

You may walk on your foot as much as your pain allows. If you have been given an off-loading shoe you should gradually stop using it over three to five weeks as your pain improves.

Occasionally fractures do not heal and continue to be painful, even after several months. Surgery may be needed at this stage to help heal the fracture.



What can I do to help my injury?

- **Elevating** (raising) your foot will reduce the initial swelling. For example, keep your foot up on a chair to at least hip level when you are sitting (see image). When you are in bed, put your foot on a pillow.
- **Rest** can often be the only treatment needed.



Elevating the foot

When can I return to my normal activities?

It usually takes between six to 12 weeks to return to your normal activities. When you start exercising again, gradually build up your activity levels.

When should I ask for further help?

If you are still having issues two to three months after your injury, please contact the Virtual Fracture Clinic for further advice.

Virtual Fracture Clinic	Emergencies only (Monday to Friday)	General enquiries (Monday to Friday)	Contact number	Email
William Harvey Hospital, Ashford	9am to 12.30pm	12.30pm to 5pm	07929 87 83 50	ekh-tr.VFCWHH@nhs.net
Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate	9am to 12.30pm	12.30pm to 5pm	07929 87 82 83	ekh-tr.VFCQEQM@nhs.net

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation