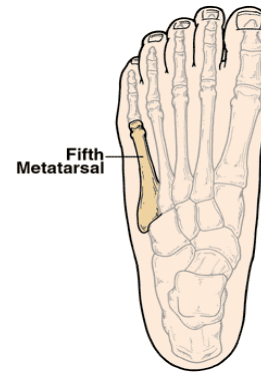


**Discharge Advice *5<sup>th</sup> Metatarsal Fracture***

- 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: 0141 211 5034 (8.30am until 4.30pm, Monday to Friday) or**
- 2) Emergency Department: 0141 211 4344 (outwith these times)**