

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

The fracture has occurred in a part of the metatarsal 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 removable boot support for the foot. If required, you will also be provided with crutches.

You may walk on the foot as much as pain allows. The removable boot can usually be discarded gradually between 3 and 5 weeks after the injury as the pain settles.

The usual healing time is 6 to 8 weeks, but it may take several months for the foot to feel normal again.

Occasionally the fracture may fail to heal (smoking is a risk factor) and continue to be painful even after several months. A surgical procedure may be needed at this stage to help heal the fracture. For further support for this problem, contact the Trauma Service.

Discharge advice following attendance with a

5th Metatarsal Fracture



Should you have any worries or concerns following discharge from hospital, please contact the Trauma Service:

0300 422 5269

Opening hours are 8:00-14:00
Mon-Fri

Email:
ghn-tr.glostrauma@nhs.net