

**Patient Information**  
**Emergency Department**

# **Discharge advice following attendance with a foot (5th Metatarsal base) fracture**



Medway NHS Foundation Trust is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.

Orthopaedics Department  
Medway NHS Foundation Trust  
Windmill Road  
Gillingham  
Kent ME7 5NY  
01634 830000

SSER-INF-53

Date: November 2022

Review Date: November 2024



[www.medway.nhs.uk](http://www.medway.nhs.uk)

You have broken 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.



**If the pain gets worse or lasts more than eight weeks or you are concerned about your foot contact the fracture clinic on:**

**07760553994**

**Monday to Friday 11.00am to 5.00pm**