

Patient Information
Emergency Department

Discharge advice following
attendance with a hand
(5th metacarpal neck) 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.

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Ref: SSER-INF-2

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www.medway.nhs.uk

You have a minor break near the knuckle and it will usually settle in three weeks.

It may take six weeks or longer before your hands returns to normal.

The finger strapping may help the pain and allow early movement.

Because the break can be close to the joint you must move your fingers and hand as soon as possible even if this means overcoming the discomfort.

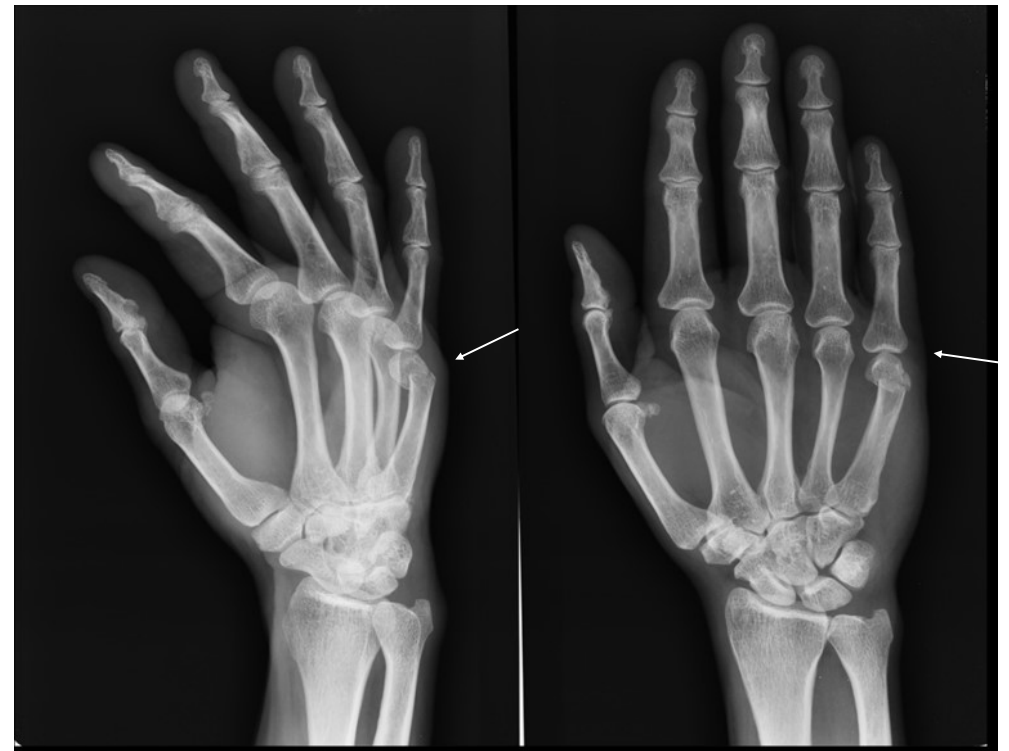
After one week remove the strapping.

Use your hand as normally as possible. This will not cause further damage but heavy lifting may be sore for 6 to 8 weeks.

Hand grip is generally very good after this type of injury.

As the bone heals a lump will form at the break site and the knuckle will not be as prominent.

There will be some shortening of the finger expected as a consequence of the injury.



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

07760553994

Monday to Friday 11.00am to 5.00pm