

## Base of 5<sup>th</sup> Metatarsal Foot Fracture

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Occasionally the fracture will not heal and will be painful, even after several months. In these cases an operation is sometimes required.

If your pain is not settling after two months, please contact us on the following number.

If you have concerns at any time, please contact the Fracture Service on the number below.

### Office Hours

Monday to Friday 9am to 4pm

01392 402269

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

This fracture occurred in a part of the bone that normally heals well without problems.

Depending on your levels of pain, the foot may be supported with bandaging or a removable shoe. If needed, you may also be offered crutches.

You can put as much weight through the foot as the pain will allow and take simple pain killers to allow you to do so.

If you have been given a boot, you can remove this for washing or at night. You can discard this whenever you feel able to do so, normally within 3-5 weeks.

**If you have any urgent concerns out of hours, you can find help at NHS 111 (dial 111) or by proceeding directly to your local Emergency Department where the on-call trauma service can review you.**

**Princess Elizabeth  
Orthopaedic Centre**

**Fracture Service**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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