

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202310-01-TMF  
Created: October 2023/ Review Date: October 2025

Information reproduced with permission from  
Cambridge University Hospitals NHS Trust

## INFORMATION FOR PATIENTS

### Discharge advice

## Thumb metacarpal fracture



## What is a thumb metacarpal fracture?

You have broken the long bone of the thumb found in the palm of your hand. The location of the break will depend on how the injury happened. This injury can happen in a variety of ways including falling onto an outstretched hand or falling off your bike.



Whilst your fracture is healing your wrist and hand may be placed in either a removable splint with thumb support (as shown above) or a cast.

Swelling and bruising at the injury site is normal. Simple, over the counter pain killers and applying ice to the area will help to reduce swelling and pain. Ice should be applied, wrapped in a tea towel, for 20 minutes, three to four times a day.

### **You should:**

- Always keep the splint on (if this is your treatment), even at night. It can be removed for hygiene reasons.
- Keep moving your fingers while wearing the splint (or cast) to help prevent stiffness.
- Elevate your hand in the days following your injury to help reduce swelling.
- Remove any rings or jewellery from the affected hand.

### **You should not:**

- Miss your clinic appointment if this has been requested.
- Take part in any contact sports or activities which will risk further harm, until instructed it is safe to do so.
- Wear any rings on this hand until the injured thumb has healed.

## Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

**If you develop any issues or have concerns/questions we advise you seek help.**

Call the fracture liaison nurses on 01623 622515, extension 4114 between 8am and 4pm, Monday to Friday.

**Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.**