

### 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.

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## INFORMATION FOR PATIENTS

### Discharge advice

### Foot (5<sup>th</sup> metatarsal) fracture



## Information, advice and recommendations for the injury

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

The fracture has occurred in a part of the bone which normally heals well without problems.

Any pain, tenderness and swelling in the foot should gradually settle over a period of several weeks. During this time, you may find walking on your foot painful – it may help to walk on the heel initially.

You will be provided with a removable boot to help support your foot. You will also be provided with crutches if required. You can remove your boot when sleeping but please put it back on when you mobilise. You may walk on your foot as much as pain allows.

After three to five weeks, as your pain settles, you can start to occasionally walk without your boot. The boot can be thrown away once you are happy to walk on your foot without feeling any pain.

We advise you not to drive with your injury. Please contact your insurance company for further advice.

## Information, advice and recommendations from your nurses:

- Keep your boot clean and dry.

- Check regularly for any skin damage or red areas. If you see any please contact us (details below).
- Elevate your foot to reduce swelling.
- Take basic pain killers if needed - visit your local pharmacy or GP if you are not sure what pain relief you should use.

## Remember R I C E

**R – Rest** your injury to give it time to heal.

**I – Ice** can help with swelling and pain.

**C – Care** for your injury and protect it from further harm.

**E – Elevation** can help to reduce swelling.

## 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.**

For appointments, letters or leaflets (non-clinical queries) please call 01623, 622515, extension 2180.

For any plaster or splint concerns, please call 01623, 622515, extension 4114.

Both can be accessed between 8am and 4pm, Monday to Friday.

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