

### 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

## Tarsal fracture undisplaced



## What is a tarsal fracture?

The term tarsal fracture is often taken to mean a broken foot in general. It does, however, specifically refer to the rare occurrence that one of the tarsal bones in the rear of the foot is fractured. These bones are very rarely fractured individually. Tarsal bones can be fractured through a sudden impact or force or through repetitive forces, resulting in a stress (hairline) fracture.

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

A boot is usually given following this injury, you may be required to wear this for up to six weeks unless otherwise directed. Crutches may also be required in the early stages to alleviate pressure on the foot.

### **You should:**

- Use rest, ice and elevation to reduce swelling and help with pain.
- Take pain killers as directed.
- Wear the walking boot as directed and follow weight bearing instructions given.

### **You should not:**

- Take part in any physical/ contact sports which may put you at risk at further injury. The time frame for this will be outlined at the point of assessment.
- Drive whilst wearing the walking boot as you will void your insurance should you have an accident.

## 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 or 6807, between 8am and 4pm, Monday to Friday.

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