

### 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: PIL202507-02-AF5

Created: October 2023/ Revised: July 2025/ Review Date:  
July 2027

**Information reproduced with permission from  
Cambridge University Hospitals NHS Trust**

## INFORMATION FOR PATIENTS

### Discharge advice

## Avulsion fracture – fifth metatarsal base



## What is an avulsion fracture of the fifth metatarsal?

The fifth metatarsal is the long thin bone that runs along the outside of the foot.

Occasionally a small piece/flake of bone may be pulled off where the ligament attaches to the bone if the foot is twisted inwards. These are minor fractures and are stable, so you will not need a plaster cast. 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.

Swelling pain and bruising at the fracture 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.

### **You should:**

- Take pain killers as needed to keep pain levels under control.
- Use ice, wrapped in a tea towel and elevate your ankle to bring swelling down.
- Wear supportive footwear as recommended, this can be removed at night and when resting.
- Weight bear as the pain allows in walking boot.
- Gently start to move ankle as pain allows. This will prevent stiffness.

### **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 discussed.
- 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.**

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.**