

Name:

Date:

A break or crack in a bone is called a fracture.

You have a minor fracture of your ___ metatarsal.



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

The pain, tenderness and swelling will gradually improve over the next several weeks.



Base fracture

Metatarsal fractures take 8 to 12 weeks to heal fully.

The fracture will need support in a metatarsal shoe or boot when walking for up to 6 weeks.

You may be provided with a metatarsal shoe or boot to use when you need to walk.

You may walk on the foot in your metatarsal shoe or boot as much as the pain allows.

You can gradually start to move into your own supportive shoes or boots after 3 to 5 weeks if the pain allows.

You must not engage in any high impact sports or contact sports for 12 weeks after the injury.

Shaft Fracture

Take painkillers to control the pain – follow the manufacturers' directions, taking regular doses. Talk to your Pharmacist or see your GP if you need stronger painkillers.

Elevate your injured foot - to minimise swelling, particularly during the first few days after the injury, this will help with the pain & discomfort.

Metatarsal shoes – These are designed as a walking aid. When you are sleeping or not walking it is ok to remove them. Don't wear them in bed, they can be removed so you can wash and shower.

Time off work - If you are unable to work for more than 7 days due to your injury our orthopaedic consultant can provide a fit note at their discretion. Discuss this with the Practitioner and a fit note can be arranged for collection at a later date.

Driving - It is your responsibility to ensure you are fit to drive. Driving with an injury can be unsafe. You must not drive in a metatarsal shoe.

If you are stopped by the police you may be asked to prove that you are in full control of your vehicle.

Before returning to driving discuss your injury with your insurance company.

Get checked if...

you continue to have pain beyond 12 weeks or are limited in what you can do.

If things get worse or you are worried.

If you have any questions please get in touch or see your GP.

Smoking cessation

Smoking has been shown to increase fracture healing time.

In some cases it can stop healing altogether.

Stopping smoking while your fracture heals will help you make a good recovery.
Stopping smoking for good will be even better for you.

Further information can be found at :

www.nhs.uk/smokefree



Further healthcare information can be found at:

www.patient.co.uk
www.nhs.uk

For real time updates on East Kent MIU and A&E current waiting times please download the WaitLess app.



Estuary View Minor Injuries Unit
Boorman Way
Whitstable
Kent
CT5 3SE
01227 284309

Open 8am to 8pm every day



Metatarsal (foot) fracture

Information for patients

www.whitstablemedicalpractice.co.uk
>Local services >Virtual fracture clinic