

### 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

## Hand (5<sup>th</sup> metacarpal) fracture



## Information, advice and recommendations for the injury

You have a minor break near the knuckle. This will usually settle in three weeks, however, it may take six weeks or longer before your hand returns to normal. The finger strapping may help the pain and allow early movement.

Because the break can be close to the joint, you must move your hand as soon as possible, even if this means overcoming the discomfort.

After four weeks remove the strapping and use your hand as normally as possible. This will not cause further damage, but heavy lifting may cause this to be sore for six or eight weeks. Hand grip is generally very good after this type of injury.

As the bone heals, a lump will form at the break site and the knuckle will not be as prominent. There will be some shortening expected as a result of the injury.

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 strapping clean and dry.

- Check regularly for any skin damage or red areas. If you see any please contact us (details below).
- Elevate your hand 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.**

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.**