Orthopaedic Department

Discharge advice following a Metatarsal and Phalangeal Fracture







- You have fractured one of the small bones in your foot.
- The fracture has occurred in a part of the bone which normally heals well without problems.
- The pain, tenderness and swelling you are experiencing in the toe or the foot should gradually settle over a period of several weeks.
- During this time, you may find walking on the foot painful - it may help to walk on the heel initially.
- You may be provided with a support for the foot in the form of bandaging or a removable boot depending on the type of injury. If required, you will also be provided with crutches.
- You may walk on the foot as much as pain allows, and if you have been given a boot should gradually discard it over 3-5 weeks as the pain settles.
- Most injuries heal without any problems - however it may take several months for your symptoms to settle completely.
- Occasionally the fracture may fail to heal and continue to be painful, even after several months.
- A surgical procedure may be needed at this stage to help heal the fracture.
- If you are still experiencing significant symptoms after several months, please phone the fracture clinic helpline as listed below for further advice.

compassionate care

Should you have any worries or concerns following discharge from hospital, please contact:

Fracture Clinic Helpline – 01484 342559

9.00am - 4.00pm, Monday to Friday

For urgent concerns contact the Emergency Department:

Huddersfield Royal Infirmary – 01484 342396

Calderdale Royal Hospital – 01422 222325

For non urgent queries please email: virtualfractureclinic@cht.nhs.uk

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If you have any comments about this leaflet or the service you have received you can contact :

Surgical Division Office
Huddersfield Royal Infirmary

Telephone No: 01484 347037

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਬਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براۓ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"