

Discharge Advice - Metatarsal & Phalangeal Fractures

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Metatarsal & Phalangeal Fractures: Discharge Advice

- 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 foot should gradually settle over a period of several weeks.
- During this time, you may find walking on the foot painful and it may initially help to walk on your heel.
- You may be provided with a support for the foot in the form of either a bandage 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 you 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 then be needed at this stage to help heal the fracture.
- If you are still experiencing significant symptoms after several months please make an appointment with your GP.

If the pain gets worse or lasts more than 3 weeks, or if you are concerned following discharge from hospital, please contact:

Fracture Clinic on: **07391 016314** (Monday to Thursday 9.00am-5.00pm,
Friday 09.00am-12.30pm, Bank Holidays 9.00am-12.30pm).

The NHS Out of Hours 111 service can also assist you outside of these times.

Adapted from Royal Berkshire Hospital Patient Information

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

Courtesy and respect

- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals

So people feel **welcome**

Attentively kind and helpful

- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care

So people feel **cared for**

Responsive communication

- Listen to people & answer their questions
- Keep people clearly informed
- Involve people

So people feel **in control**

Effective and professional

- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve

So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240