

Our outpatient clinics run between 9am to 5pm Monday-Friday. If you have any concerns or problems during these times please contact:

Clinic 1B  
Whittington Hospital  
Magdala Avenue, London N19 5NF

The Fracture clinic: 020 7288 3799 or 5659  
The plaster room: 020 7288 5668

The emergency department at any other time  
Phone: 020 7288 3304

#### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Whittington Health NHS Trust  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

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## 5th Metacarpal fracture

### A patient's guide



You have sustained a minor fracture near the knuckle.

It will take six weeks for the fracture to heal; however, in some cases, it may take longer especially if you smoke or have diabetes.

Keep the finger strapped to its neighbouring finger together for 10-14 days (the tape can be taken off in order to wash and fresh tape applied). Please see the instructional video for guidance. Discard the strapping after two weeks: no further treatment is necessary in most cases.

As the break can be close to the joint, you must move your fingers as soon as possible even if this means overcoming the discomfort: this prevents the knuckle from becoming stiff and encourages swelling to settle. Please see the instructional video for guidance.

Do however avoid heavy lifting or loading for six weeks. You can take part in contact sports again after eight weeks in order to reduce the risk of a re-fracture. It is advisable to strap the fingers during sporting activities. You may swim after 3-4 weeks.

In almost all cases these injuries heal very well, although as the bone heals, a lump will form at the break site and the knuckle may appear dropped. This will not affect your hand function.

Before driving, ensure you meet DVLA pre-requisites. You must be able to perform an emergency stop safely, not limited by pain. If this is not possible, **DO NOT DRIVE**.

A range of patient information leaflets and videos providing guidance and advice are available here:



Leaflet written by Mr Chammaa