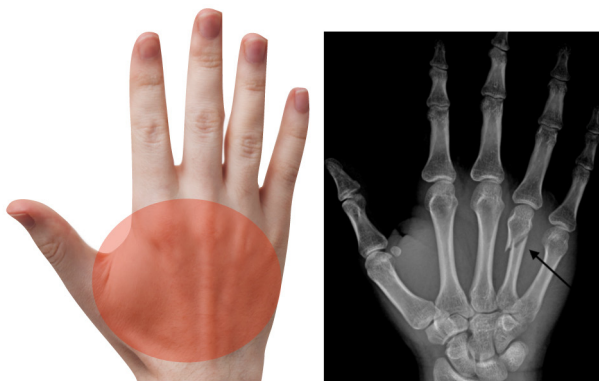


Undisplaced metacarpal fracture discharge advice



You have a minor break in your hand involving one of the metacarpal bones. The pain will usually settle in three to four weeks.

It may however take six weeks or longer before the fracture fully heals and your hand returns to normal.

A splint may help support the hand in the first few weeks but it is important to move your fingers as soon as possible even if this means overcoming the discomfort.

After about three to four weeks remove the splint.

Use your hand as normally as possible.

This will not cause further damage but heavy lifting may be sore for 6 or 8 weeks.

Hand grip is generally very good after this type of injury.

As the bone heals a lump may form at the break site but it should not cause any functional problem.

If the pain gets worse or lasts more than 6 weeks or you are concerned about your hand then contact fracture clinic at the number below.

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

- 1) Fracture Clinic: 02871611166
(8:45am until 4:45pm, Mon to Fri)
- or
- 2) Emergency Dept: 02871611379
(Outside these hours)