**Discharge advice following attendanwith a HaMetacarpal) Fracture**





**Bendigo Health Emergency Department**

**Discharge advice following attendance**

**with a Hand (5th Metacarpal) Fracture.Discharge advice following attendance**

**with a Hand (5th Metacarpal) Fracture**

You have a minor break near the 5th knuckle, often called a

‘Boxer’s fracture. Pain usually settles in three to four weeks.

It may take up to six weeks or longer before your fracture heals

completely and your hand function returns to normal though.

You will initially be treated with your 4-5th fingers taped together

 and a ½ plaster slab on the inside of your hand and wrist

After 2 weeks you may remove the plaster slab but continue

to tape your 4-5th fingers together for up to 4 weeks total.





Because the break can be close to the joint

you must move your hand and fingers even if this means

overcoming some discomfort initially.

Use your hand as normally as possible. This

will not cause further damage but heavy lifting or contact sports

may be sore for up to 6 weeks or so.

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 may be some metacarpal shortening expected as a

consequence of the injury.

**If the pain gets worse, or lasts more than 4-6 weeks, or you are concerned about your hand, contact your GP or:**

**Call the Hand Clinic at John Lindel Rehab Unit on 54548500**