



Information for patients, relatives and carers

Metacarpal Fracture

You have sustained a fracture of a bone in the hand. This has been confirmed by x-ray and should heal without complications. It should not be necessary for you to attend the hospital for further treatment.

Treatment

You have been supplied with strapping and a sling. In addition to this:

- You can take over the counter painkillers such as paracetamol, ibuprofen or co-codamol as recommended if you have pain
- Elevate the injured hand on pillows when resting to help reduce swelling
- You should wear the strapping full time for the first week. The sling should only be necessary for the first two to three days
- After one week you may remove the strapping for progressively longer periods to enable you to exercise your hand
- You should avoid contact sport and games for at least six weeks after the injury
- After two weeks the strapping should no longer be necessary

You can return to work or school as soon as pain allows, and you can do your normal light tasks

You should not drive until you can make a full pain free fist, can grip the steering wheel and perform an emergency stop manoeuvre without distracting pain.

You may have swelling at the site of the fracture and your knuckle may appear less prominent, but these things require no treatment and will not affect the function of your hand in the long term.

If you have any problems, please contact the orthopaedic outpatients department at York Hospital on 01904 726537 or the fracture clinic at Scarborough Hospital on 01723 342021.

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk/when-to-use-nhs-111/)

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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