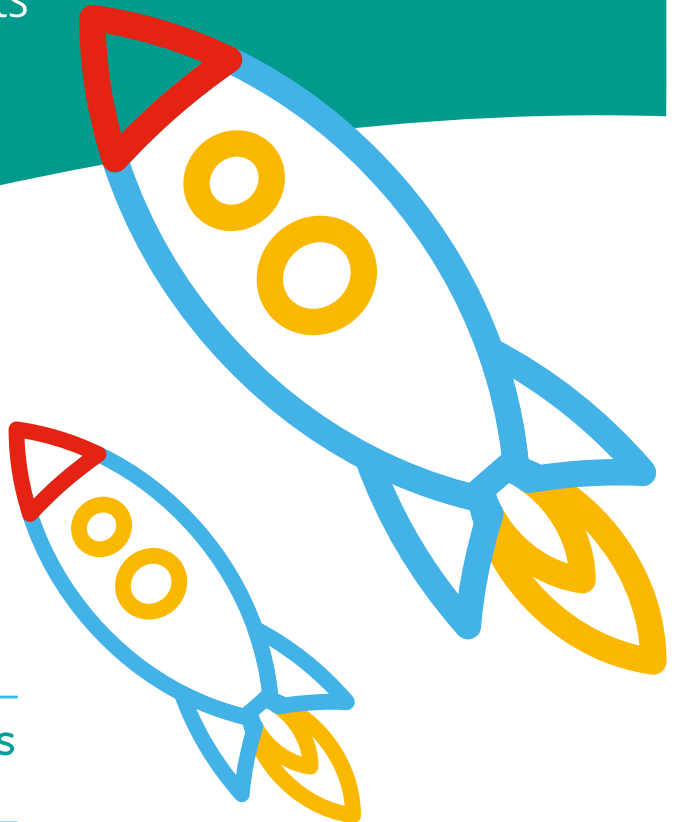


Simple (undisplaced) Metatarsal fractures

Information
for parents

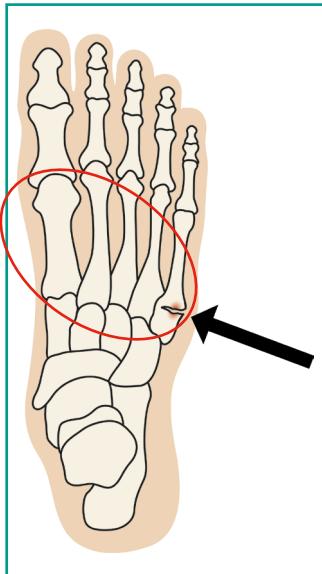


Leeds children's
hospital

caring about children

Dear Parent / Guardian

Your child has sustained a break (fracture) to one of the five long bones of their toe, which form the middle part of their foot and the Doctor has confirmed this.



Your Doctor has reviewed your child's x-rays today and confirmed this fracture is simple and undisplaced.

This fracture will heal well in 3 - 4 weeks. Your child should wear the walker boot for 4 weeks.

Your child can wean off the boot 4 weeks after the injury. We would advise to initially stop the walker boot at home and use it to go to school.

After a few days, your child can discard the boot completely and wear their own supportive comfortable shoes.

Your child will have some pain, tenderness, swelling and bruising, which will gradually settle over a few weeks. Rest, elevation and an ice pack can help with pain and swelling the first few days. Your child may need simple painkillers such as Paracetamol (Calpol) or Ibuprofen (follow the dosage instructions) for the first few days after the injury, which can be bought from your local pharmacy or supermarket.

They can put weight through the foot as comfort allows.

Your child can go back to nursery / school as soon as they feel comfortable and happy to do so.

Sporting activities, physical education and trampolining should be avoided for another 4 - 6 weeks and there is usually no need to follow-up with a further x-ray as these fractures heal well.

Your child does not need a follow-up appointment or a further x-ray and they will be discharged back to the care of your family doctor.

When to seek urgent help

If your child develops severe pain, change in colour of the foot and toes (white or blue), numbness or pins and needles, and inability to move the foot or the toes, it may be that the boot is too tight. If any of these signs occur, loosen the strap of the boot, rest and elevate the limb for 30 minutes. If symptoms persist even after elevating the limb for 30 minutes, take your child immediately back to the hospital Emergency department.

You should contact us (see below) if your child is struggling to mobilise out of the walker boot, or is struggling to go back to their sports 12 weeks after the injury.

Useful contact numbers

If you have any questions or concerns, please contact:

Children's Orthopaedics Nurse Specialist Team:

(Monday - Friday, 8.00 am - 5.00 pm)

Tel. **0113 3928570**

Plaster Room, Leeds General Infirmary:

Monday - Friday, 8.30 am - 5.00 pm)

Tel. **0113 3925717**



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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