

Discharge Advice: Following attendance with a Hand (little finger metacarpal) fracture

- You have a minor break near the knuckle and it will usually settle in three weeks.
- It may take six weeks or longer before your hand returns to normal.
- The finger strapping may help the pain and allow early movement. If you have been given wool and crepe, you can remove this as the pain starts to improve (usually after 7-10 days).
- Use your hand as normally as possible within the limits of the pain. This will not cause further damage, but failure to do so may lead to ongoing stiffness.
- After one week remove the finger strapping.
- Use your hand as normally as possible. This will not cause any further damage but heavy lifting may be sore 6 to 8 weeks.



- 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 will be some shortening expected as a consequence of the injury.

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

1. Virtual Fracture Clinic Answer phone: 0161 922 4006
(Please leave a message and your call be returned)
Direct Line 0161 922 4547
(Monday - Friday 8.00 – 4.00pm)
Emergency Department: 0161 922 6248