

5th METACARPAL FRACTURES 'Boxer's Fracture'

This information leaflet is designed to provide general information and education on 5th Metacarpal Fractures. If you are ever unsure about the information or advice you have received please:

- Ask a staff member
- Visit your local GP – your GP can contact the Orthopaedic Virtual Fracture clinic if required
- Contact 13 HEALTH (13 432584)
- Contact Ipswich Hospital Outpatients Department on 3810 1217

General Information

- You have sustained a fracture of the knuckle of your little finger.
- This is a very common fracture and generally heals very well.
- The pain and tenderness in your hand should gradually settle as the healing process occurs.
- It is important to follow advice given in person in addition to this information sheet to promote full recovery.

Management

- 5th metacarpal fractures are managed with buddy-strapping or an ulnar gutter cast.
- It may have been necessary to numb your hand to reposition the bone in the first instance. Your treating doctor will judge whether it will be required or not.
- The buddy-strapping or cast should be worn for a total of 4 weeks.
- They **do not** require further x-rays unless you have re-injured the hand or are experiencing significant pain or concern after 4 weeks.

Pain Relief

- Paracetamol and/or ibuprofen are excellent pain relief medications.
- They **must** always be taken as per dosage instructions on the packet or as advised by your pharmacist.
- **Do not** take medications which you may be allergic to or your GP has told you not to take.
- If you have any concerns or questions about your pain relief medications, please contact your local pharmacist, GP or call 13 HEALTH (13 432584)

Worries/Concerns

If at any point you are concerned, please contact:

- Your local GP
- Phone: 13 HEALTH (13 432584) – Available after hours
- Contact Ipswich Hospital Outpatients Department on 3810 1217