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University Health Board

# Mallet Finger Advice

You have been diagnosed with a Mallet Finger and this leaflet is to give you more information and to help you know how to wash your finger without letting it bend.

A mallet finger injury occurs when the tendon that straightens the tip of your finger is snapped or torn from the bone. It is usually caused by an object hitting the end of your finger with such force that it bends the finger further than normal and tears the tendon such as when playing ball sports.

After the injury, your finger may become sore and swollen, with the tip of the finger sitting in a dropped position that can't be straightened using your muscles.

You will have been advised that you will be followed up either in Hand therapy Trauma clinic or fracture clinic and that the splint should be only removed for washing. This should be initially limited to twice a week. By washing the finger as little as possible you will reduce the chance of the finger bending.

## Finger cleaning

- Rest your finger on flat surface
- Remove the tape and splint keeping your finger straight.
- Clean and dry your finger and then replace the splint and tape without lifting the finger.
- You may find it easier if someone helps you to do this.



**If you are at all concerned about your injury please contact the relevant  
Minor Injury Unit (MIU):**

**Royal Gwent Hospital: 01633 234056**

**Nevill Hall Hospital: 01873 732073**

**Ysbyty Ystrad Fawr (YYF) 01443 802353 or 802349**

**Ysbyty Aneurin Bevan (YAB): 01495 363818**

**Or Emergency Department:**

**Grange University Hospital: 01633 493287**

<b>Things you should do:</b>	<b>Things you shouldn't do:</b>
<ul style="list-style-type: none"> <li>• Wear the splint all the time.</li> <li>• Keep the hand raised and exercise all the joints except the one in the splint.</li> <li>• Return to the department where you were seen if: <ul style="list-style-type: none"> <li>○ The splint becomes tight.</li> <li>○ The finger turns blue/pale following swelling.</li> <li>○ The splint becomes loose – we will be able to give you another one</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Try to test for healing by bending the fingertip.</li> <li>• Bend the end joint of your finger at all - any movement of the end of the finger will delay healing of the tendon.</li> <li>• Wear any rings on your hand until it is completely better.</li> <li>• Heavy lifting using your injured hand.</li> </ul>

**This document is available in Welsh/  
Mae'r ddogfen hon ar gael yn Gymraeg**