

Mallet Finger

How to Clean your Finger

You have been diagnosed with a Mallet Finger and will have been given an information leaflet regarding this condition.

This leaflet is to help you know how you can wash your finger without letting it bend.

As you will have been told, the splint should be only removed for washing, and 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 splint keeping your finger straight.
- Clean and dry your finger and then replace the splint without lifting the finger.
- You may find it easier if someone helps you to do this.



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

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

Royal Gwent Hospital: 01633 234056

Nevill Hall Hospital: 01873 732073

Ysbyty Ystrad Fawr (YYF) MIU: 01443 802353 or 802349

Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318

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