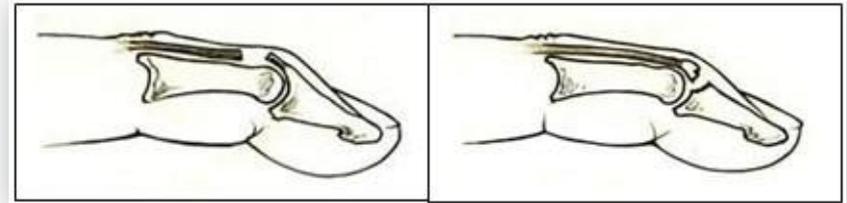


## Discharge advice following attendance with a mallet finger injury

- You have snapped the tendon that normally straightens the end joint of the finger. The tendon may even pull off a small fragment of bone.
- This causes the tip of the finger to lie in a bent position and you are unable to straighten it.
- A splint will be applied and should be worn continuously, even at night, to keep the finger straight for eight weeks (six weeks if bony fragment).
- During this time, it is important to keep the finger straight, even when taking the splint off to wash. This can be done by placing the hand flat on a table, removing the splint and cleaning the finger. Replace the splint without bending the finger.
- Try to limit washing the finger as little as possible to reduce the chance of the finger bending. Initially aim for cleaning the finger twice a week.
- It is important to keep the finger and splint dry to avoid skin irritation.
- At the end of this time the splint is worn for the next one month at night and whenever the finger might be at risk of injury.  
Most injuries heal without any problems
- After the splint has stopped being used (around 10-12 weeks) it is important to keep gently moving the finger and gradually resume daily activities within the limits of discomfort. This will help improve any stiffness and ensure the safest return to normal function. If you are struggling to get the movement back please contact the fracture clinic.



- There may be redness, swelling and slight pain over the joint for a few months afterwards. This will settle.
- You may be left with a small bump or be unable to straighten the finger fully. If this happens it is unfortunately a permanent feature but will not affect function of your finger.
- Occasionally after three months of splint treatment the tendon may fail to heal. Most fingers function well despite a droop at the end joint. However surgical fusion of the end joint may be considered.
- Should you have any worries or concerns following discharge from the hospital, please contact: 07786 113057. This is a Monday – Friday service and we will try to get back to you as soon as possible. However, if it is an emergency please go back to A&E for further advice/treatment.

Should you have any further concerns following discharge from hospital, please contact 01633 234891 or 234858