

Orthopaedic Department Patient Information



The Information Standard Certified Member

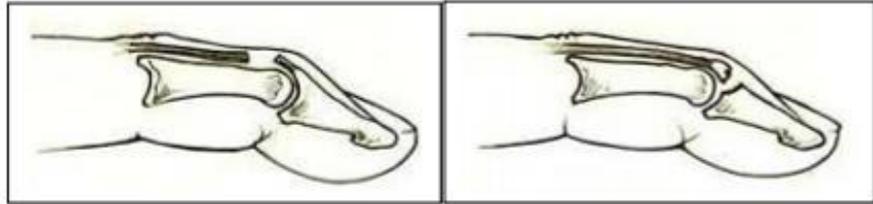
Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

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Discharge advice following a Mallet finger injury



Hospital Number:

Date of attendance:

- You have snapped the tendon that normally straightens the tip of the finger. The tendon may have pulled off a small fragment of bone.
- This injury causes the tip of your finger to lie in a bent position and you are unable to straighten it
- A splint should be worn continuously (including at night) to keep the finger straight for eight weeks (six weeks if bony fragment)
- After this time, the splint is worn for the next month at night and whenever the finger may be at risk of injury
- 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, moving the splint and cleaning the finger.
- It is important to keep the finger and splint dry to avoid skin irritation
- Most injuries heal without any problems, however it may take several months to regain full function
- 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 limits of discomfort

- 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 the function of your finger.
- Occasionally after three months splint treatment the tendon may fail to heal and surgical intervention may be considered

If the pain gets worse or lasts more than six weeks, or you are concerned about your finger please contact us on: 01305 255498 Monday to Friday 9:00 – 17:00 and quote 'ED fracture'.