



Discharge advice following a Finger Tuft Fracture



Initial Advice:

- You have broken the bone in your fingertip.
- This injury usually heals well within 6 weeks.
- This is treated with a dressing and/or a removable splint.
- Rest and elevate the finger for at least 72 hours.
- If you have a wound, please monitor for any increased pain, heat, redness, bleeding or oozing. Return to the Emergency Department or Minor Injury Unit if these occur as you may have an infection.
- It is advisable to keep the finger protected in the splint for at least 2 weeks.

After 2 weeks:

- Continue to use the splint intermittently for 4-6 weeks for protection.
- Start to regain full movement. Remove the splint every 2-3 hours and gently bend the finger 10 times as pain allows.
- Avoid any impact such as ball sports for 6 weeks.
- Avoid driving until you no longer need the splint and can safely control the vehicle.
- The finger may be tender for up to 3 months.

If the pain gets worse or you haven't regained full finger movement within 4 weeks, please contact us on the details below.

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

Virtual Fracture Clinic:

01305 253305, Monday – Friday 09.00-16.00
VFCTriage@dchft.nhs.uk

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email patientinformation.leaflets@dchft.nhs.uk



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