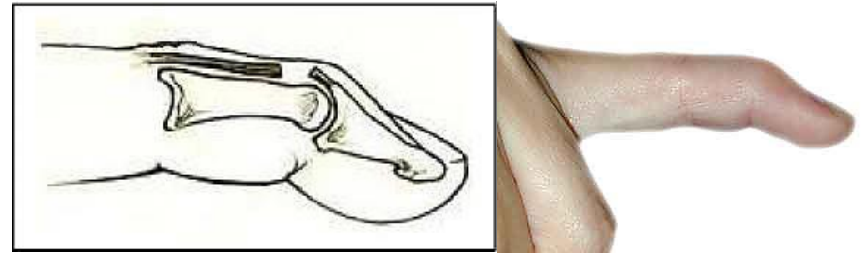


## Discharge Advice:

### Mallet Finger Injury (soft tissue only)



- You have snapped the tendon that normally straightens the end joint of the finger.
- 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** for 6 weeks.
- At the end of this time the splint is worn for 6 weeks at night and whenever the finger might 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, 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. Most injuries heal without any problems however it may take several months to regain full function.
- After the splint has stopped being used (around 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 at 16 weeks please contact the Virtual Fracture Clinic as you may require a referral to Physiotherapy.
- 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 3 months 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 hospital, please contact:

1. Virtual Fracture Clinic Answer phone: 0161 922 4006  
(Please leave a message and your call be returned)  
Direct Line 0161 922 4547  
(Monday - Friday 8.00 – 4.00pm)
2. Emergency Department: 0161 922 6248