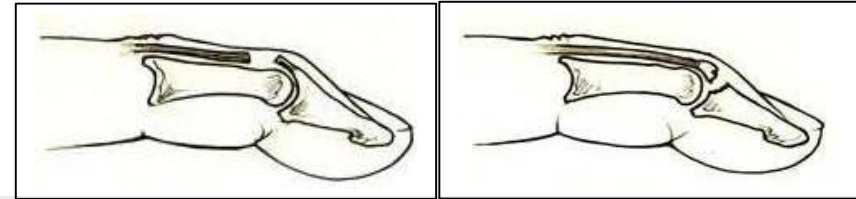


Mallet Finger Injury Discharge Advice



- 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 8 weeks (6 weeks if bony fragment).
- 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.
- 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 to reduce the chance of the finger bending.
- It is important to keep the finger and splint dry to avoid skin irritation.
- Most injuries heal without any problems however it may take 12 weeks to regain full function



- After the splint has stopped being used it is important to keep the finger moving and gradually resume daily activities within the limits of discomfort. This will help improve any stiffness and ensure the safest return to normal function
- 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, 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. If the finger is not controllable or you are struggling to get the movement back please contact the fracture clinic

Should you have any worries or concerns following discharge from your local hospital, please contact:-

	Royal Oldham	Rochdale Infirmary
Fracture Clinic (8.30 am to 4.30pm)	0161-627 8888	01706-517247
Emergency Department (out of hours)	0161-624 0420	01706-517 000