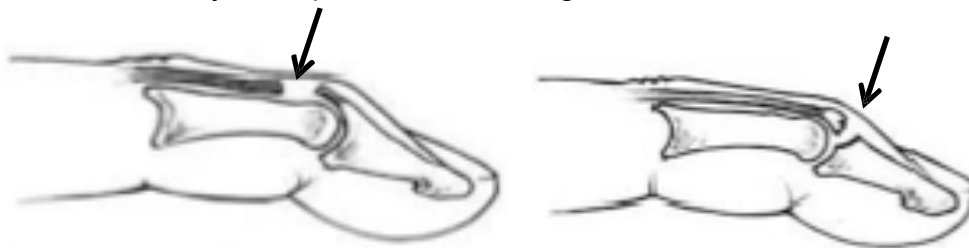


Mallet finger injury: discharge advice

- You have torn the tendon that normally straightens the end joint of the finger. The tendon may even pull off a small fragment of bone



- The tendon will heal without an operation providing you wear the splint **continuously for 6-8 weeks** and 2 further weeks at night.
- A splint will be applied to keep the finger in a straight position with the end joint slightly extended.
- It is very important that the end joint does not bend during the splinted period.
- When you remove the splint to wash your finger, you must hold it straight on a flat surface and **not allow it to bend**.
- Mallet fractures may leave a small bump on the top of your finger and may result in some loss of movement in the joint.
- Redness, tenderness and swelling are common for 3 to 4 months, but will settle.
- Occasionally the tendon fails to heal; it can be treated by further splinting and possible surgical repair, although most fingers function well despite a droop at the end joint.

Things to look out for:

If you experience any of the following and they are not improved by loosening the tape used to hold the splint on please return to the Emergency Department for review: -

- Worsening swelling
- Numbness
- Worsening pain
- Tingling

If your Splint becomes loose or uncomfortable – please contact the Emergency Department, so it can be checked and replaced if necessary.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.