

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

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.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔