

Mallet Finger Injury

Discharge advice

You snapped the tendon that normally straightens the end joint of the finger. The tendon may even pull off a small fragment of the 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 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 the 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 10-12 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 please contact the fracture clinic.

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 please contact:

Your team is based at

Telephone:

Confidentiality

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We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team. Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**

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