

**Discharge Advice:**

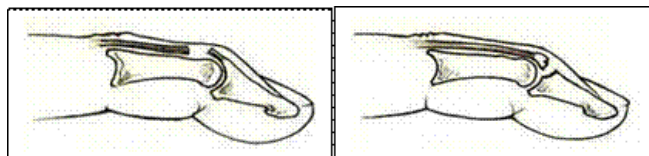
**Mallet Finger Injury**

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**Trauma and Orthopaedics**

**Patient Information Leaflet**

- 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 eight weeks (six 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 as much 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. If this happens it is unfortunately a permanent feature but will not affect the function of your finger.
- Occasionally after three 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.

## Leaflet Details

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**Author:** John Butterworth

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## **Other formats**

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

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For the best way to plan your journey visit our website:  
<http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

## **Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

## **Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

## **Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

With thanks to Glasgow Royal for their kind permission to use content from their leaflet 'Mallet Finger'.

## **Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

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NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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