



Patient Information Leaflet

Discharge Advice Mallet Finger Injury

Produced by:
Orthopaedic Department

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

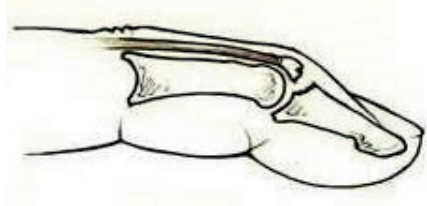
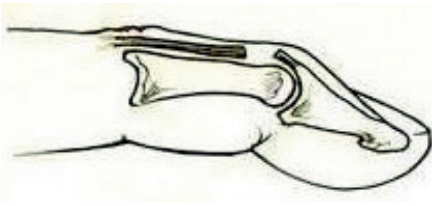
Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন



- 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 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 concerns following discharge from the hospital, please contact either the:

- 1) Fracture Clinic: 01983 534655 (9.00am until 4.00pm, Monday to Friday) or;
- 2) Emergency Department out of hours.

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.