

Further sources of information

NHS Choices:

www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Mallet finger

Emergency Department

King's Mill Hospital

Mansfield Road
Sutton in Ashfield
Notts NG17 4JL
Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

You have torn the tendon that straightens the end joint of your finger, so now your fingertip droops and you cannot straighten it properly.

To treat this you should not let your fingertip droop at any time for the next 6-8 weeks.

We have given you a splint to aid healing and to keep the joint straight while you are using your hand.

Replace the splint as shown to you in clinic to prevent further harm.

We will see you again in the clinic to make sure that everything is all right.

You should:

- ✓ Keep your hand raised and try to exercise all the joints, except the one in the splint.
- ✓ Wear the splint all the time.
- ✓ Return if the splint feels too tight or swelling continues.

You should not:

- x Bend the end of your finger at all.
- x Wear any rings on your hand until the finger has healed. This is so you do not get problems with circulation.

Cleaning your finger and the splint

If the splint gets wet or you need to wash your finger you can take it off but you **must** keep your finger straight.

You can do this by resting it on the edge of a table or the sink, or even against the pad of your thumb.

Healing may be delayed or may not occur at all if the finger is allowed to bend.

Please do not try to test for healing by bending the finger tip.