

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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 (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202310-01-PMP  
Created: October 2023/ Review Date: October 2025

Information reproduced with permission from  
Cambridge University Hospitals NHS Trust

## INFORMATION FOR PATIENTS

### Discharge advice

## Proximal/middle phalanx fractures



## What is a proximal / middle phalanx fracture?

This is a fracture, or break, of a small bone (a phalanx) in your finger.

Your fingers are made up of three bones. The proximal phalanx is the bone located at the bottom of the finger with the middle phalanx sitting just above. The joints allow you to straighten and bend your fingers and allow you to handle or manipulate items on a daily basis. Finger fractures are common due to the constant need to use the fingers.

Swelling and bruising at the fracture site is normal. Simple, over the counter pain killers and applying ice to the area will help to reduce swelling and pain. Ice should be applied, wrapped in a tea towel, for 20 minutes three to four times a day.

These fractures can be protected by strapping the fractured finger to the finger next to it. This may be done by taping your fingers together or using a double tubigrip. This acts as a splint to protect the healing bone from too much strain, but also allows for early movement of your fingers.

### **You should:**

- Keep the splint / strapping intact until advised to remove.
- Apply ice to your hand and elevate it to reduce swelling.
- Move your finger as comfort allows with the splint / strapping intact.
- Take pain killers as needed.

### **You should not:**

- Wear any rings on this hand until the injured finger has healed.
- Take part in any physical or contact sports for at least six weeks unless recommended otherwise.
- Miss your clinic appointment if this has been requested.

## Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

**If you develop any issues or have concerns/questions we advise you seek help.**

Call the fracture liaison nurses on 01623 622515, extension 4114 or 6807, between 8am and 4pm, Monday to Friday.

**Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.**