

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 (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Discharge advice

Volar plate injury



What is a volar plate injury?

The volar plate is a small piece of ligament on the palm side of the middle joint (phalanx) on your finger. This structure helps to support the middle joint of your finger and prevents it being able to over straighten or dislocate.

It can be partially or fully torn and may sometimes pull off a small piece of bone when it is damaged. This injury is caused by impact to the finger, such as a ball, and pushing the joint backwards.

Swelling and bruising at the injury 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 injuries / 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. The strapping acts as a splint to protect the healing bone from too much strain, but also allows for early movement of your fingers. You will not need surgery,

You should:

- Remove any rings or jewellery from the affected hand.
- Keep the splint / strapping intact until advised to remove it.
- ice and elevate the hand to reduce swelling in the finger.
- Move your finger as comfort allows with the splint / strapping intact.
- Take simple over the counter pain killers as needed..

You should not:

- Take part in any physical or contact sports for at least six weeks unless recommended otherwise.
- Miss any appointments with the specialists if these have been requested.
- Take part in any activities which will risk further harm until instructed it is safe to do so.

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.