

## 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.

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## INFORMATION FOR PATIENTS

### Discharge advice

### Tuft fracture



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## What is a tuft fracture?

You have broken the tip (tuft) of your finger. This is known as a tuft fracture. Tuft fractures are often associated with crush injuries. These fractures are stable and can be treated with a plastic splint. The splint is usually worn for two to four weeks. You may also have a soft tissue injury and a nailbed injury. If you do have a nail bed injury, you might need to be seen by a plastic surgeon to discuss repairing it.



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.

## Cleaning

The splint needs to be taken off daily to clean your finger and the splint itself. If not, the splint will start to smell.

When you remove the splint to wash the finger, you must hold it straight on a flat surface and not allow it to bend. You will be shown how to change the splint safely.

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

## You should:

- Check your skin regularly to monitor for any sores developing under the splint.

## You should not:

- Wear any rings on this hand until the injured finger has healed. All rings should be removed at the time of injury to avoid swelling and circulatory problems.
- Miss any appointments with the specialists if these have 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.**

For appointments, letters or leaflets (non-clinical queries) please call 01623, 622515, extension 2180. For any plaster or splint concerns, please call 01623, 622515, extension 4114.

Both can be accessed between 8am and 4pm, Monday to Friday.

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