

### 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: PIL202310-03-DAMF  
Created: January 2020 / Revised: October 2023/  
Review Date: October 2025

## INFORMATION FOR PATIENTS

### Discharge advice

## Mallet finger injury



## Information, advice and recommendations for the injury

You have broken the tendon that usually 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, for eight weeks (six weeks if there is a bony fragment) to keep the finger straight.

After this time the splint should be worn for the next 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.

Most injuries heal without any problems, however, it may take several months to regain full function. We advise you not to drive with your injury. Please contact your insurance company for further advice.

After the splint is no longer being used (around 10-12 weeks) it is important to keep gently moving the finger and gradually resuming daily activities as pain allows.

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 nurses (contact details are on the next page).

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 three months of 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.

## Information, advice and recommendations from your nurses:

- Keep your splint clean and dry.
- Check regularly for any skin damage or red areas. If you see any please contact us (details below).
- Elevate your hand to reduce swelling (some swelling and pain is expected).
- Take pain killers if needed - visit your local pharmacy or GP if you are not sure what pain relief you should take.

## Problems and further advice

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

**If there are any issues or you have any concerns/ questions, we advise you seek help.**

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

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