

PATIENT INFORMATION

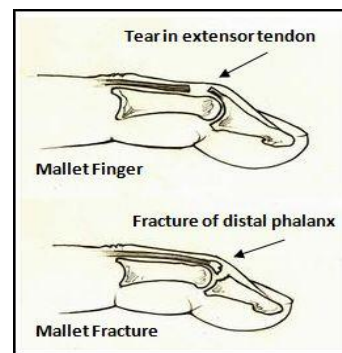
MALLET FINGER INJURY



Mallet Finger Injury

Trauma and Orthopaedic Department

Discharge Advice



You have snapped the tendon that normally 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, to keep the finger straight for 8 weeks (6 weeks if bony fragment).

At the end of this time the splint is worn for the next one 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. Initially aim for cleaning the finger twice a week. It is important to keep the finger and splint dry to avoid skin irritation.

Most injuries heal without any problems however it may take several months to regain full function.

After the splint has stopped being used (around 10-12 weeks) it is important to keep gently moving the finger and gradually resume daily activities within the limits of discomfort. 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 clinic.

There may be redness, swelling and slight pain over the joint for a few months afterwards. This will settle.

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 the function of your finger.

Occasionally after 3 months 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.

Should you have any worries or concerns following your discharge from hospital please contact:

Virtual Fracture clinic

08:30am – 4:30pm Monday-Friday

Worcester Royal Hospital 01905 760259

Alexandra Hospital Redditch 01905 503030 ext 44160

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.