



Image courtesy of: www.patient.co.uk

You have torn a tendon that straightens the end of your finger joint, so now your fingertip droops and you cannot straighten it properly. This is called a Mallet injury.

How is your injury treated?

To treat this you should not let your fingertip droop at any time for the next 6–8 weeks. If you do, it will not be able to heal and will droop forever, so we have given you a splint to keep the joint straight while you are using your hand.

How can I look after my mallet injury?

- Wear the splint all the time.
- Keep your hand raised as much as possible and try to exercise all the joints, except the one in the splint.

How can I clean my splinted finger?

Your splinted finger must be kept clean and dry at all times. If the skin becomes wet inside the splint it will become very sore. Leave the splint undisturbed except when cleaning your finger which you should do once daily.

How do I remove the splint?

1. Keeping your finger flat on the table cut the strapping and peel it away from the finger and splint.
2. Carefully slide the splint off your finger.
3. Wash and dry your finger, also make sure the splint is dry before reapplying the splint.

Remember to keep your finger straight at all times.

4. Slide the splint back over the finger tip, keeping your finger straight, so that the finger tip fits snugly into the end of the splint.
5. Replace the strapping to anchor the splint into position.

What else should I do?

Do not wear any rings on your hand until the finger has healed, so you do not get any problems with your circulation.

It may take several months to regain full function.

Redness, swelling and tenderness of skin around the end of the finger are common for 3 to 4 months after injury.

Key reference sources

- Mr Mark Pontin – Consultant Royal Surrey County Hospital.
- www.patient.co.uk
- www.nhs.uk

Have you any other questions or problems?

Please contact us at Royal Surrey County Hospital Emergency Department on **01483 571122 ext 2370**.