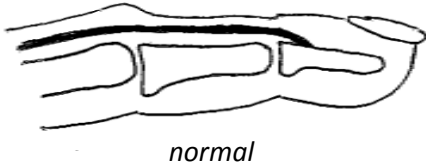


## Patient Information

### Mallet Finger

- You have torn the tendon that straightens the end joint of your finger. This causes the fingertip to lie in a bent position and you are unable to straighten it.
- This is called a “mallet injury”.

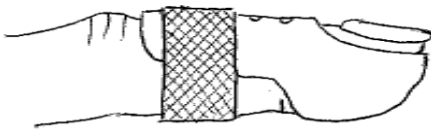


*normal*



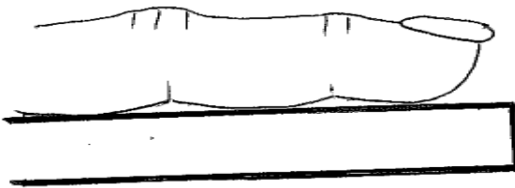
*snapped tendon  
= mallet finger*

- In order for this tendon to heal, the end joint of the finger needs to be kept straight AT ALL TIMES for a period of **6-8 weeks**.
- We use a special splint called a mallet splint to do this:



*Splint in position*

- The fingertip must NOT be allowed to bend AT ALL during the treatment.
- The splint should only be removed for cleaning the skin or if it becomes wet.
- Aim to clean the skin about twice per week.
- When the splint is removed, the fingertip joint must be kept completely straight by supporting it on a firm flat surface (e.g. table) or with the pad of your thumb.



*Keep finger straight whenever the splint is removed*

- The other joints in the finger and hand (except the one in the splint) should be exercised regularly.
- You will be followed up at the Emergency Department clinic during the 6-8 week treatment.
- Please contact the Emergency Department on 01463 704444 to be seen sooner if you are having problems with the splint or the skin underneath.

ED Advice Ref.	Mallet Finger	Date of Issue	March 2017
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Prepared by	N MacInnes		