

Urgent care

Mallet finger

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A mallet finger is where the end of the finger is bent towards the palm and cannot straighten. The usual cause is an injury to the end of the finger. Catching a cricket ball and making a bed are two of the most common causes.

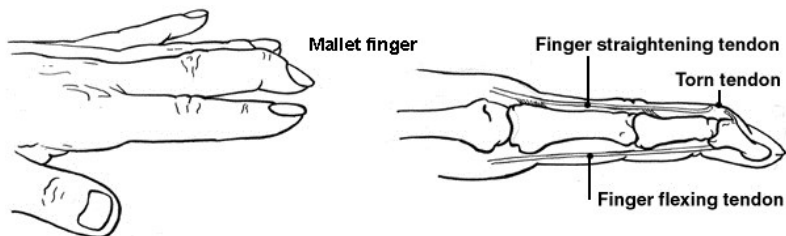
The tendon that straightens the finger has been forced to bend further than normal causing the tendon to tear. Without the use of this tendon the finger remains bent. Occasionally the injury causes a piece of bone to be pulled off the finger where the tendon is attached.

Treatment

A plastic splint is worn for six to eight weeks, to keep the finger straight with the end joint slightly over extended. It must be worn all the time, day and night. This allows the two ends of the torn bone or tendon to stay together and heal.

The splint should therefore only be removed for cleaning. The splinted finger must be kept clean and dry at all times. If the skin becomes wet inside the splint it will become very sore.

You can take simple painkillers like paracetamol and you will be given an appointment as the John Radcliffe Hand Clinic.



Cleaning your finger

- Keeping your finger flat on the table, cut off the strapping of the splint and slide the splint off the finger.
- Wash and dry your finger and the splint. Keep the end joint straight at all times either by keeping the finger flat on the table or supporting it with your other hand.
- Dust the splint with talcum powder if you wish and slide the splint back over the finger tip, still keeping the finger straight.
- Replace the strapping, which should cover the middle of the splint and should not cover the middle joint of the finger.

If your finger swells and becomes too tight, or if the swelling goes down and it becomes too loose, you must attend your nearest minor injuries unit (MIU) to get it redressed.

Individual management plan

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Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

For further advice please contact:

Abingdon Minor Injury Unit	01865 903 476
Henley Minor Injury Unit	01865 903 755
Witney Minor Injury Unit	01865 903 841
Wallingford First Aid Unit	01865 903 471
Bicester First Aid Unit	01865 903 976

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的文本，请与我们联系

নেব ব্রহ্ম চিত্র নতবলী বিসী ভূমী ভাসা না মলল হিঁচ চাওসী ওঁই তা বিবধা তব নে মাতুঁ খুঁই

کر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں۔۔

Oxford Health NHS Foundation Trust

Trust Headquarters

Warneford Hospital

Warneford Lane

Headington

Oxford

OX3 7JX

Switchboard 01865 901 000

Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Urgent care is provided by our Older People Directorate. OP 143.15