

Contact Details

If you have any questions please telephone the RUH Emergency Department on

01225 824000 (day)
01225 825015 (night)

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Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

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Mallet Finger



Mallet finger

You have an injury known as a mallet finger. This is due to a tear in the tendon or a fracture at the insertion of the tendon that straightens the end joint of your finger.

The tendon takes about 6-weeks to heal. During this time it has to be held straight in a splint so the ends can heal together. If your finger is allowed to bend during this time then the tendon will not heal and you will not be able to straighten your finger fully.

The splint should only be removed for cleaning and it is vital that the end joint of your finger is kept straight for all of the time it is off – e.g. by placing it on a flat surface. You should clean your finger at least once daily. Do not be tempted to check the healing by bending your finger tip.

Whilst wearing the splint make sure the middle joint of your finger can bend fully.

Wear the splint fulltime for 6-weeks day and night, and then part-time for 2-weeks gradually increasing the bend in your finger. Wear the splint at night for these 2-weeks.

How to clean your finger:

- Keep your finger straight by placing on a flat surface
- Remove splint carefully
- Clean finger and splint
- Dry finger
- Replace splint
- This should be done at least once a day.

When dressing, put your affected arm in clothing first so you can keep the upper part of your arm next to your body.

When undressing, remove your affected arm last to avoid moving the upper part of your arm away from your body.

A follow-up appointment will be made for you in the Hand Clinic.

Please retain this leaflet for future reference.

