

- ⇒ If your condition does not improve or gets worse, please contact the surgery during opening hours on 01948 860205.
- ⇒ If you require information or advice which is non-urgent, you can telephone NHS Direct, a 24 hour advice line, on 0845 46 47.
- ⇒ **OUT-OF-HOURS COVER:** Medical advice is always available for emergencies at night, weekends and all bank holidays. If you require advice urgently, please call 01948 860205. The recorded message will give you the number to call for the GP Out of Hours Service.
- ⇒ **EMERGENCIES:** In the event of a serious problem, such as chest pain or collapse, call 999 immediately.

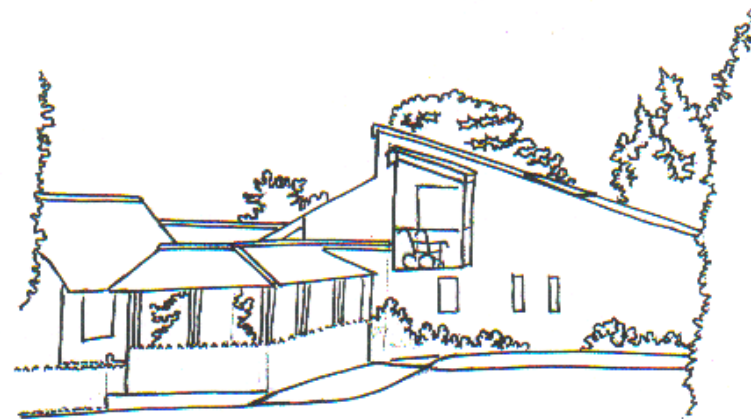


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**AFTER-CARE ADVICE ON  
MALLET FINGER**  
LAUREL BANK SURGERY  
MALPAS, CHESHIRE SY14 8PS

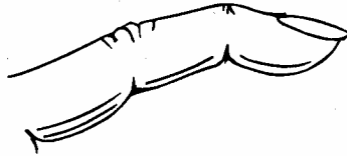


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## Mallet Finger



A Mallet Finger Injury is when the tendon that straightens the end joint of your finger is torn. The tendon is a tough rope that connects the end of your fingers to the muscles in your forearm.

The fingertip droops because the tendon used to extend it has snapped. To treat this, the joint must be held straight in a splint for 6 to 8 weeks as the tendons heal very slowly.

If the finger is allowed to bend during this time, healing will not occur and the "droop" of the finger will be permanent. The splint should therefore be removed only for cleaning. When cleaning, place the finger on a flat surface to ensure it is kept straight.



## DO NOT

- ⇒ Attempt to examine the healing by bending the fingertip until advised by the treating doctor.
- ⇒ Wear any rings on this hand until the injured finger has healed. All rings must be removed to avoid swelling and circulation problems.

## DO

- ⇒ Remove at intervals for the purpose of hygiene to the finger and cleaning of the splint. Replace it when you go to bed. Keep your finger straight at all times.



- ⇒ After 6 weeks, or when advised by your doctor, remove the splint and begin mobilising the finger. The injury usually heals with a slight deformation which will not usually affect the functions of your hand.