



## Patient Information : Mallet Finger



### Cork Emergency Medicine

[EMed.ie](http://EMed.ie)

You have torn the tendon that straightens the end joint of your finger, so now your fingertip droops and you cannot straighten it properly. To treat this you should not let your finger tip droop at any time for the next six to eight weeks.

If you do, it won't 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.

Please visit your GP over the next week to make sure that everything is all right.

#### You should

- Keep your hand raised and try to exercise all the joints except the one in the splint
- Wear the splint all the time

#### You should not

- Bend the end joint of your finger **at all**
- Wear any rings on your hand until the finger has healed so that you do not get problems with your circulation

#### Cleaning your finger and the splint

- If the splint gets wet or you need to wash your finger you can take it off, but you **MUST** keep your finger straight. You can do this by resting it on the edge of a table.

Clinician's name for this consultation:

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If you are concerned, please contact the  
Emergency Department you first attended:

Mercy University  
Hospital  
(021) 4271971

M-UCC at  
SMHC (St.  
Mary's Health  
Campus)  
(021) 4926900

CUH  
(021) 4920200

Mallow General  
Hospital  
(022) 21251

Bantry General  
Hospital  
(027) 52900

