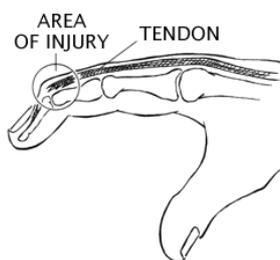


Advice for patients wearing a finger splint, or with finger strapping

Mallet finger



You have damaged the bone or tendon at the end joint of your finger.

If you wear the splint you have been given, it will hold the finger in the correct position. This will reduce the chance of a permanently bent finger.

You will need to wear the splint continuously for 6-8 weeks, depending on the exact nature of your injury. If you follow the instructions below, you will be able to remove the splint in order to clean your finger without causing any more damage:

1. With the splint still on, place your finger on a flat surface.
2. Undo the tape and slide the splint off, keeping your finger straight on the table top, or supported by your thumb on the same hand as if pinching something between the fleshy parts of the fingers.
3. Wash and dry the finger, then slide the splint back on and tape it up.
4. **Do NOT allow the tip of your finger to bend at ANY time.**

- You will be referred to the Physiotherapy Department for follow up

Other finger strapping

Neighbour strapping

Strapping the injured finger to the one next to it will rest it. Gentle movement will stop the fingers getting stiff. You should do this even if you are being treated for a fracture. The doctor or nurse will tell you how long to keep the strapping on for. Replace the tape after bathing.

Thumb spica (pronounced “spiker”)

This should be kept on for 7-10 days as advised by the doctor or nurse. You can remove it by cutting the wrist band and peeling off the Elastoplast®. If the nurse has used Coban® tape, it can be adjusted or reapplied if necessary. You may have been given a splint that can be removed using its Velcro strap; if so please make sure you know if you are allowed to take it off for washing. If you have been given a follow-up appointment, please leave the strapping on until then.

Elastoplast® may shrink if it gets wet, so please try to keep it as dry as possible. **Please let the nurse know if you are allergic to Elastoplast®.** If it gets tight or you have any other problems with the strapping, please contact:

- Emergency Department on 01535 294481
- Plaster room on 01535 292293, opening hours 0800-1600 (Monday to Friday)

By telephoning, we can ensure you get appropriate advice and do not wait unnecessarily in the Emergency Department.

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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