



## Information for patients, relatives and carers

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# Mallet Splint Instructions

You have a condition known as a 'Mallet Finger'. You have torn the tendon that straightens the tip of your finger causing it to bend in towards your palm.

The tendon will heal without an operation as long as you wear the splint that we have given you **continuously for a full six to eight weeks, and then at night for a further two weeks.**

If for any reason you have to remove the splint (finger is wet or dirty), it is very important that you put your hand flat on the table so that the tip of the mallet finger is kept straight while you remove and replace the splint. You must hold the mallet finger straight with the thumb of the same hand while you wash or dry the finger. **Do not** let the tip bend at any time or all the work the splint has done will be undone.

You must keep your splinted finger clean and dry at all times. If the skin inside the splint gets wet, it could become very sore.

It may take several months for your finger to regain function properly when the splint is removed. Any redness, swelling and tenderness of your skin over the end of your finger may persist for the first few months after the injury. These symptoms will improve eventually.

If you have any problems with the splint, please contact the Emergency Department for advice on 01904 726042 (York) or 01723 385167 (Scarborough).

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① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> When to use NHS 111 - NHS ([www.nhs.uk](http://www.nhs.uk))

## **Patient Advice and Liaison Service (PALS)**

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk)

An answer phone is available out of hours.

## **Leaflets in alternative languages or formats**

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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