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please contact your GP or
phone 111

Mallet Finger

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Mallet finger

You have an injury known as Mallet Finger. This is due to either a tear in the tendon that straightens the end joint of the finger, or a small fracture of the bone at the point which the tendon joins the bone.

The injury takes about 8-10 weeks to heal. During this time, it has to be held straight in a splint so the tendon ends can heal together.

If the finger is allowed to bend during this time, then the tendon will not heal and you will be unable to straighten the finger fully, which will lead to a loss of function in your finger.

Splint care

The splint should only be removed for cleaning and it is vital that the finger is kept straight when this is performed.

To clean splint and finger:

1. Keep finger straight at all times by placing on a flat surface
2. Remove splint carefully
3. Clean finger and splint
4. Dry finger
5. Replace splint

Do not be tempted to check on healing by bending your finger tip

Follow-up

If there is a fracture to the bone you will be given an appointment for the Fracture Clinic before you leave the Emergency Department.

If there is no fracture and it is just the tendon that is damaged, you will be given an appointment for review clinic which is held within the Emergency Department.

You will initially be seen 2 weeks after injury to check the splint fits correctly and then 6-8 weeks after the injury.

In the meantime, if the splint becomes loose please return to the Emergency Department or a nearby walk-in centre for a better fitting splint.