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# Mallet Finger

## Paediatric A&E Department

# Mallet Finger

## INTRODUCTION AND EXPLANATION OF CONDITION

Your child has torn the tendon that straightens the end joint of their finger. We call this a "mallet injury".

To treat this, the joint must be held straight in a splint for 6 - 8 weeks, as tendons heal very slowly. Your child will be seen in the fracture clinic during this time.

If your child's 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 and while keeping the finger straight.

## THE TREATMENT



The fingertip droops because the tendon to extend it has snapped. The treatment is to avoid letting the fingertip drop at all times for a minimum of 6 – 8 weeks. Your child must wear the splint at all times except for cleaning (see above)



The splint (which may vary in design) will allow the tip to be kept extended when the hand is in use.

## DO NOT

- Attempt to examine the healing by bending the fingertip until advised by the treating doctor.

## DO

- Ensure your child's hand is elevated in a sling for the first week and that they move all the joints normally except the splinted one.
- Make sure that you have follow up appointments at the Fracture Clinic.

## FURTHER INFORMATION

Paediatric Accident and Emergency Department  
St. Peter's Hospital  
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Telephone **01932 872000**

For reassurance and advice please contact NHS Direct on **0845 4647**

The following website gives useful advice: [www.patient.co.uk](http://www.patient.co.uk)

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk).

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