Mallet Finger

You have a hand injury called mallet finger. This means that the tendon which straightens the fingertip is torn. This injury usually results from jamming the end of the finger. A small fracture at the joint may also be present. Most of the time, this injury can be treated with a simple splint. Keep your finger elevated and use an icepack on it every 2-3 hours for several days to help reduce pain and to keep the swelling down. **Although the injury often causes a deformity at the joint, surgery is not needed if a splint is used properly.**

A properly fit special finger splint will hold the tendon ends together until the tendon is healed. You must wear this splint continuously for at least 6-8 weeks, or you may end up with a permanent deformity. **If the end joint of the finger bends at any time before healing is complete, the treatment may fail**. Please do not remove this splint until your doctor approves. Be sure to see the doctor for follow-up care as recommended. If your finger becomes more painful, swollen, or red, you should see your doctor right away.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 01/25/2006 Document Re-Released: 03/16/2010
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