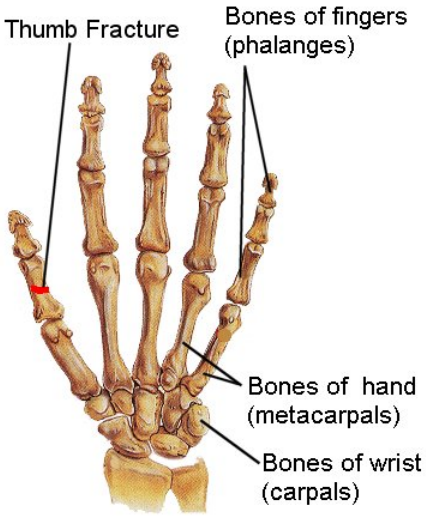
Finger Fracture (Break In Bone)

Fractures of fingers are breaks in the bones of the fingers. There are many types of fractures. There are different ways of treating these fractures, all of which can be correct. Your caregiver will discuss the best way to treat your fracture.



TREATMENT

Finger fractures can be treated with:

- *Non-reduction* - this means the bones are in place. The finger is splinted without changing the positions of the bone pieces. The splint is usually left on for about a week to ten days. This will depend on your fracture and what your caregiver thinks.
- *Closed reduction* - the bones are put back into position without using surgery. The finger is then splinted.
- *ORIF (open reduction and internal fixation)* - the fracture site is opened. Then the bone pieces are fixed into place with pins or some type of hardware. This is seldom required. It depends on the severity of the fracture.

Your caregiver will discuss the type of fracture you have and the treatment that will be best for that problem. If surgery is the treatment of choice, the following is information for you to know and also let your caregiver know about prior to surgery.

LET YOUR CAREGIVERS KNOW ABOUT THE FOLLOWING:

- Allergies
- Medications taken including herbs, eye drops, over the counter medications, and creams
- Use of steroids (by mouth or creams)
- Previous problems with anesthetics or Novocaine
- Possibility of pregnancy, if this applies
- History of blood clots (thrombophlebitis)
- History of bleeding or blood problems
- Previous surgery
- Other health problems

FOLLOWING SURGERY

After surgery, you will be taken to the recovery area where a nurse will check your progress. Once you're awake, stable, and taking fluids well, barring other problems you'll be allowed to go home. Once home an ice pack applied to your operative site may help with discomfort and keep the swelling down.

HOME CARE INSTRUCTIONS

- Follow your caregiver's instructions as to activities, exercises, physical therapy, and driving a car.
- Use your finger and exercise as directed.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Do not take aspirin until your caregiver OK's it, as this can increase bleeding immediately following surgery.
- Stop using ibuprofen if it upsets your stomach. Let your caregiver know about it.

SEEK MEDICAL CARE IF YOU HAVE:

- Increased bleeding (more than a small spot) from the wound or from beneath your splint.
- Redness, swelling, or increasing pain in the wound or from beneath your splint.
- Pus coming from wound or from beneath your splint.
- An unexplained oral temperature above 102° F (38.9° C) develops, or as your caregiver suggests.
- A foul smell coming from the wound or dressing or from beneath your splint.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You have any allergic problems.

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: 04/07/2004 Document Re-Released: 04/05/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.