Dislocated Finger

Your exam shows you have a dislocated finger joint. Most of the time finger dislocations can be put back in place without having an operation. If the joint is very unstable or if the bone is fractured, it may require surgery. After surgery the finger should be kept in a splint for 1-2 weeks to protect the joint. Following this, the injured finger may be taped to the finger next to it for another 2 weeks until all the pain and swelling are gone.

You should begin gentle motion exercises of the joint in 1 week to keep the joint from getting stiff. Keep your hand raised and use ice packs often for 2-3 days. This will lessen the pain and swelling. Follow-up care within one week is very important.

CALL YOUR CAREGIVER IF:

- You develop increasing pain.
- Your injured finger becomes numb, cold, or pale.

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