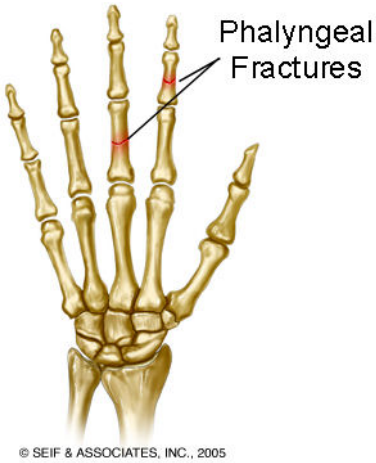
Broken Finger

You or your child may have broken one, or many of the bones in the finger. A splint will be used to keep the broken bone(s) still while they heal. Surgery may be needed to hold the bones in place. After the splint comes off, you or your child may need to do exercises and stretches. This is to make sure the finger works as well as it did before it got hurt.



HOME CARE

- Wear the splint, tape, or cast applied by your doctor as long as told by your doctor.
- Keep the fingers in the position as told by your doctor.
- Keep follow-up appointments.
- Raise (*elevate*) the injured area above the level of the heart. This will help to lessen pain and puffiness (*swelling*).
- Only take medicine as told by your doctor.
- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between the skin and the bag.
  - Leave the ice on for 15 to 20 minutes, 3 to 4 times a day
- Find out what kind of exercises you or your child can do when the splint comes off.

GET HELP RIGHT AWAY IF:

- The fingernails are white or bluish.
- There is very bad pain not helped by medicine.
- You or your child cannot move the fingertips.
- You or your child loses feeling (*numbness*) in the injured finger.

MAKE SURE YOU:

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

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