Fractured Finger

You have a broken (*fractured*) finger. The finger may need to be straightened if the fracture is poorly aligned. Most of the time finger fractures will heal in 3-4 weeks with a simple finger splint. Taping the injured finger to the next finger (called buddy taping) can also be used to immobilize the injured finger. If the fracture is unstable, surgery may be needed and fixation pins placed to keep the broken bones properly aligned while healing.

Keep your hand elevated above your heart as much as possible and apply ice packs for 20-30 minutes every 3-4 hours over the next 2-3 days. This will help reduce the swelling and pain. **Wear your finger splint or buddy tape as long as the finger is still painful or swollen**. Pain medicine may be needed for the first few days. In 2-3 weeks you can start motion exercises to keep the finger from becoming too stiff.

See your caregiver for follow-up care as recommended.

SEEK MEDICAL CARE IF:

- You have increased pain or your finger becomes cold, numb, crooked or pale.
- You are not getting better or seem to be getting worse.
- You have any other questions or concerns.

Document Released: 01/25/2006 Document Re-Released: 10/15/2010
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