

If you require further advice or are not sure then please contact your GP or phone 111.



Mersey and West Lancashire
Teaching Hospitals
NHS Trust

Mallet Finger

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră.

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot,
Merseyside,
L35 5DR
Telephone: 0151 426 1600

www.merseywestlancs.nhs.uk

Author: ED Consultant
Department: Emergency Department
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Mallet Finger

You have an injury known as Mallet Finger.

This is due to either a tear in the tendon that straightens the end joint of the finger, or a small fracture of the bone at the point which the tendon joins the bone.

The injury takes about 8-10 weeks to heal.

During this time, it has to be held straight in a splint so the tendon ends can heal together.

If the finger is allowed to bend during this time, then the tendon will not heal and you will be unable to straighten the finger fully, which will lead to a loss of function in your finger.

Splint Care

The splint should only be removed for cleaning and it is vital that the finger is kept straight when this is performed.

To clean splint and finger:

1. Keep finger straight at all times by placing on a flat surface.
2. Remove splint carefully.
3. Clean finger and splint.
4. Dry finger.
5. Replace splint.

Do not be tempted to check on healing by bending your finger tip.

Follow-up

If there is a fracture to be bone you will be given an appointment for fracture clinic before you leave the Emergency Department.

If there is no fracture and it is just the tendon that is damaged you will be given an appointment for Review clinic which is held within the Emergency Department.

You will initially be seen 2 weeks after injury to check the splint fits correctly and then 6-8 weeks after the injury.

In the meantime if the splint becomes loose please return to the ED or a nearby walk-in centre for a better fitting splint.