

Our outpatient clinics run between 9am to 5pm Monday-Friday. If you have any concerns or problems during these times please contact:

Clinic 1B
Whittington Hospital
Magdala Avenue, London N19 5NF

The Fracture clinic: 020 7288 3799 or 5659
The plaster room: 020 7288 5668

The emergency department at any other time
Phone: 020 7288 3304

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Twitter.com/WhitHealth
Facebook.com/WhittingtonHealth

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Mallet Finger

A patient's guide



A Mallet injury occurs when you stub the end of your finger or thumb. The tip of the finger or thumb no longer straightens. This is because the tendon has torn or pulled away a piece of bone (see illustration below).

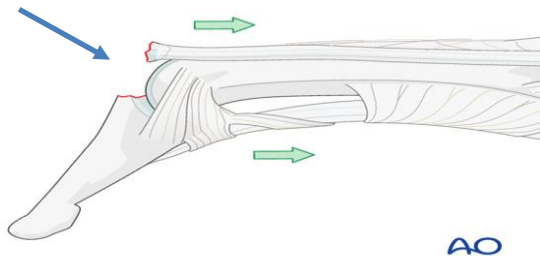
The treatment is to apply a Mallet splint (see picture) to keep the finger straight and protect from further injury until it recovers. This is to allow healing which can take up to 12 weeks.

This requires you to wear it day and night for 6 weeks only removing for personal hygiene. Please refer to the video on the Whittington Health website: <https://www.whittington.nhs.uk/VF>. At 6 weeks you can remove the splint during the day and only wear it at night for the next 6 weeks.

You will be referred to Hand therapy following Virtual fracture clinic assessment. The hand therapist will guide your recovery including arranging any further appointments that may be needed.

Patients with this type of injury do not routinely need to see a doctor for follow-up.

Extensor
tendon
injury



A range of patient information leaflets and videos providing guidance and advice are available here:



Mallet finger injury



Mallet finger splint

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