

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](https://twitter.com/WhitHealth)
[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

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Finger Tuft Fracture

A patient's guide



You have been diagnosed with a tuft fracture of your finger.

This may have happened because you stubbed your finger or it was trapped or crushed.

Expect these fractures to heal by 4-6 weeks.

You will be provided with a mallet splint as shown to prevent you from stubbing the end of your finger while it heals.

Remove it daily to move all joints of the injured finger to prevent stiffness.

Aim to get the finger fully straight and make a fist with fingertip touching your palm.

Please refer to the Futura splint video for hand exercises on the Whittington website: <https://www.whittington.nhs.uk/VFC>

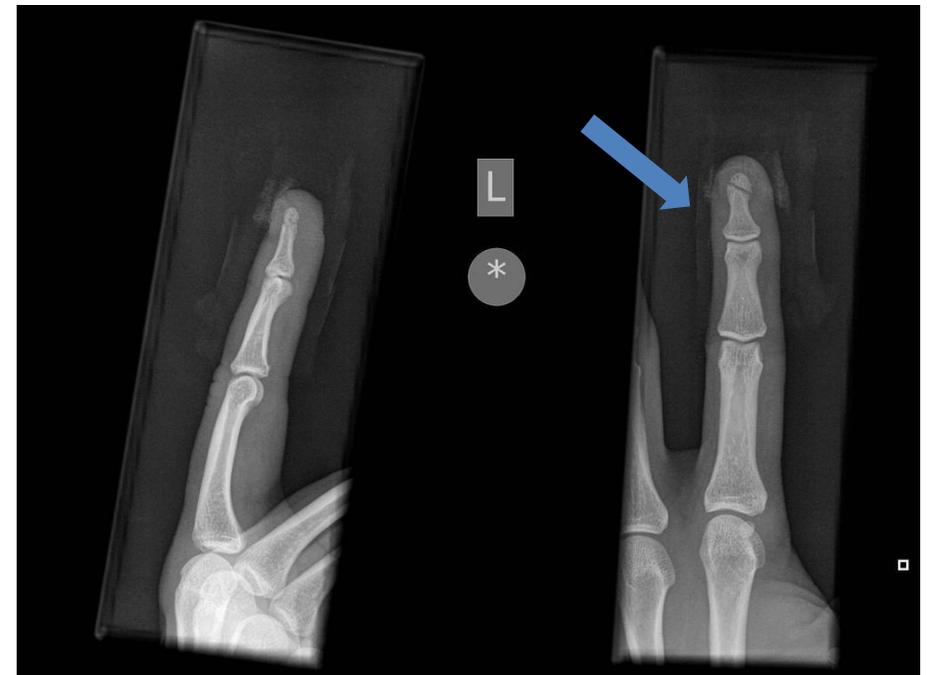
Simple painkillers, elevation and ice will help: place ice in a towel to protect the skin.

Discard the splint after 3 weeks.

If you have persistent pain after 6 weeks call the clinic and we will arrange an appointment.

Please refer to the DVLA website regarding your fitness to drive if required.

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



Finger tuft fracture

Leaflet Written by R. Chammaa, O. Berber, S. Mellett

Radiograph courtesy of Dr Jeremy Jones, Radiopaedia.org, rID: 6429